

Halifax metro

Dear Pope Francis:
Make this dog a saint



R.I.P. DAYKO
metroNEWS



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HOMICIDES IN HALIFAX Trying to find solutions metroNEWS

This isn't
a problem
that can
be solved
through
arrests.



Jean-Michel Blais
Halifax Regional Police Chief

This is
not just a
problem for
the black
community.



Rhonda Britton
Pastor, Cornwallis Street Baptist Church



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MUNICIPAL ELECTIONS

Public to consult on reform

The public will get a chance to weigh in on a future bylaw for municipal campaign reform, which one councillor called "a great move forward."

Halifax regional council passed a motion tabled by Coun. Wayne Mason on Tuesday that directs staff to start a process to consult the public on the province's recent Bill 154 after it's proclaimed, which would allow the municipality to enact a bylaw regarding campaign finance reform.

The consultation would include election campaign spending limits, maximum contribution amounts, disclosure requirements, eligibility to contribute, and dates for making contributions.

"This is a great move forward ... I hear it from residents, especially anyone who's entering the political arena," Mason said.

"When they find that after coming from a provincial or federal world that there are basically no rules, they're usually pretty amazed by that."

Mayor Mike Savage said although there hasn't been an outcry from residents to see this bylaw, "that doesn't mean this isn't an issue that we should be dealing with."

HALEY RYAN/METRO

Streetscaping green-lit

CITY HALL

Contingent of councillors says other issues need attention



Haley Ryan
Metro | Halifax

Halifax's mayor says streetscaping projects getting the green light marks an "important day," but some councillors brought up the need to tackle transit, taxes and panhandling to make a significant impact.

At Halifax regional council Tuesday, a staff report recom-

mending design, construction, and tender documents for streetscaping projects on Argyle/Grafton streets and Spring Garden Road costing about \$16.6 million was passed unanimously.

"It's about time," Coun. Wayne Mason said during the meeting, adding the plans developed for Spring Garden largely take from a 2009 project that never materialized.

According to the plan, construction would start this August for Argyle and Grafton to make the area more pedestrian-friendly by removing barrier curbs, as well as installing new lighting, street furniture, trees, and overhead canopies, with a cost of \$6.6 million — if cost-sharing with the Nova Centre

comes through.

The \$10-million Spring Garden project would begin after Argyle Street, likely in 2019 or 2020, to allow for the area to be finished in conjunction with the Nova Centre opening.

In the area between Queen and South Park streets on Spring Garden, the plan entails undergrounding of overhead power and communications lines, replacing the road pavement, widening sidewalks, curb and gutter changes, as well as adding decorative lighting, traffic signals, trees and site furnishings.

Coun. Steve Adams brought up "aggressive" panhandlers on Spring Garden and asked what can be done to help the situation when pedestrians feel intimidat-

ed and are being followed into stores by some people.

The Spring Garden Area Business Association (SGABA) executive director Juanita Spencer said the group also receives complaints more than once a week about especially aggressive panhandlers, but agreed with Mayor Mike Savage they don't want to make panhandling into "an illegal activity."

"We certainly want to deal with the issues that are bringing people down and keeping them on the street," Spencer said.

She said they'll be rolling out a campaign to help pedestrians connect to organizations that help street-involved people, rather than giving directly to panhandlers.

Coun. Tim Outhit said streetscaping is part of the solution, but better transit, fixing the perception of little parking, and help for small business taxes to fill the vacant windows on Spring Garden are vital.

"I don't want this to be lipstick on a pig ... we have got to do more than benches," Outhit said.

Savage left his mayor's seat to take part in the debate, and said while he understands the concerns from suburban and rural residents around millions of dollars going into the urban core, "this is good for all of HRM."

"These are the main pieces of the showcase of our city; we have to give back to them," Savage said. "This is a really important day."



ANIMALS THE CAT'S

MEOW During the Halifax regional council meeting Tuesday, a one-time \$50,000 joint grant to the Nova Scotia SPCA and SPAY Day HRM Society was granted to extend the TNR (trap-neuter-release) Program. A staff report on the feasibility of making a permanent grant program for spaying and neutering cats will also go ahead, returning by October. METRO FILE

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Halifax's newest poet laureate Rebecca Thomas delivers her first poem during a noontime ceremony at city hall on Tuesday. JEFF HARPER/METRO

'Let's work on this'

POET LAUREATE

Rebecca Thomas to city council: 'Reconciliation is ongoing'



Sarah Rae
For Metro | Halifax

Halifax's new poet laureate made her regional council debut Tuesday, performing her poem Etuaptmuk in front of the mayor, city councillors, family and friends.

As Halifax Regional Municipality's first indigenous poet laureate, Rebecca Thomas addressed council saying although she's in this position for the next two years, she will always first and foremost be a member of the Mi'kmaq community.

She held up an eagle feather given to her by her father, who was there supporting her, and said it keeps her grounded and reminds her of the community.

Thomas officially became poet laureate on April 1, and said in an interview being in a position to be able to directly address the government requires a bit of a balancing act.

"There is a time and a place

for the double middle finger poem to the government and there's a time and place for vulnerability and nuance and



There is a time and a place for the double middle finger poem to the government and there's a time and place for vulnerability and nuance and conversation.

Rebecca Thomas

conversation," she said Tuesday. "You can't build a house if the only tool in the toolbox is a hammer."

She said she just hopes the

municipal government will take her seriously.

"It's a tough game to play because I have a right to be angry

and frustrated and I want people to listen, but sometimes you need to play the game in order for that to happen," she said.

Etuaptmuk is the Mi'kmaq

word for two-eyed seeing, which is the concept that Mi'kmaq people see from multiple perspectives, particularly from both indigenous and Eurocentric perspectives.

The poem implores people to understand the perspectives of indigenous people, who know what's best for themselves.

"Open your other set of eyes, recognize the pain you have caused, take a pause and start breathing; welcome to the world of two-eyed seeing," she read.

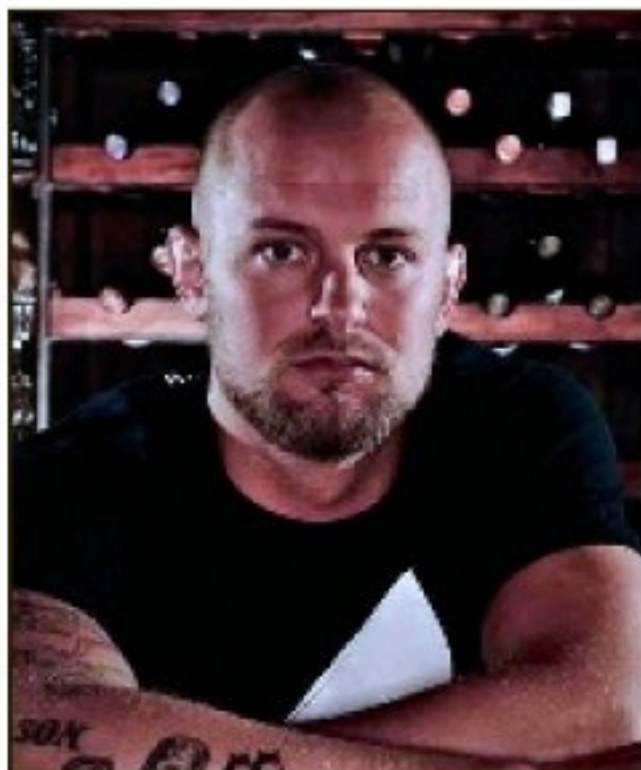
Thomas and two other poets also performed several poems at a reception before the council

meeting, including Thomas's Reconcile your State of Mind.

The poem takes on the recent attention surrounding the truth and reconciliation commission, with lines like "The Highway of Tears? Girl, that was so last year. No need to fear that you'll be snatched or attacked, because it's a fact. We are reconciled."

Thomas said she thought city hall was an important spot for Reconcile your State of Mind.

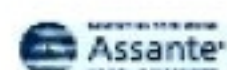
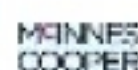
"I want people to remember that we're still here, that reconciliation is ongoing. We're not done, so to be able to step in and say 'Let's work on this' is really important for me," she said.



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Province slow to follow auditor general's advice

REVIEW

Delay poses 'real risks' to public: Pickup

The sluggish pace of an upgrade to Nova Scotia's prescription drug monitoring system drew a rebuke from the auditor general on Tuesday, who claimed the delays posed "real risks" to the province's citizens.

Michael Pickup pointed to a recent criminal case, in which a doctor is alleged to have prescribed 50,000 pills to a patient who never received them, as an illustration of the importance of following up on safety recommendations in a timely manner.

He made the comments while releasing a review showing that only 60 per cent of about 400 auditor recommendations made in 2012 and 2013 had been completed, according to an analysis by his staff.

Those included a failure by



Auditor General Michael Pickup is pictured in this file photo.
JEFF HARPER/METRO

the education department to set up outcome standards for home schools, a lack of inventory control for Transport Department maintenance garages, and the failure to bring in the prescription monitoring system in a timely way.

"The department agreed to put in a new drug utilization review process and framework by 2014 ... We're now in 2016

and the recommendations are still not done," said the auditor.

The report noted the case of Dr. Sarah Dawn Jones, who Bridgewater police arrested in February and accused of writing multiple prescriptions for oxycodone and oxyneop pills over a one-year period.

Health Minister Leo Glavin said the plan to bring in a monitoring system didn't occur

as quickly as originally hoped, but promised that by June the auditor's original recommendations would all be completed.

He said it took more time than expected to create a system that would monitor and flag problems in real time across the province.

The IWK Health Centre and the Nova Scotia Health Authority also faced some criticism in the auditor's report for not moving more quickly to avoid breaches of computer systems that may contain personal health information.

Pickup also said in his report that the Department of Education still hasn't set "clear and measurable learning objectives," for home schooling programs. Education Minister Karen Casey said her department won't make that change because the rights of parents of about 1,000 children who are home schooled make it difficult to comply with the auditor's recommendation.

THE CANADIAN PRESS

ARREST WARRANT

Wanted man has a history of violence



Kristen Lipscombe
Metro | Halifax

not approach him or try to take matters into their own hands. Call 9-1-1 if you see him instead, police advise.

Dechamp is described as a black man with a lighter complexion. He's about five-foot-nine and 210 pounds, with a stocky build, short black hair and brown eyes, police said.

Halifax Regional Police would not say whether the nation-wide search for Dechamp is related to "recent violent incidents in our community."

"We cannot identify persons of interest or suspects in ongoing investigations," the police news release said.

Anyone with information is asked to call police at 902-490-5020 or Crime Stoppers anonymously at 1-800-222-8477.

Halifax police are hoping the public can help them track down a 26-year-old local man who should be "considered armed and dangerous."

Tyrell Peter Dechamp, 26, has been considered "unlawfully at large" since he didn't return to his Halifax home by his 11 p.m. curfew April 19. As a result, police issued a Canada-wide arrest warrant for him Monday night.

"Dechamp has a history of violent offences," Halifax Regional Police said in a news release issued Tuesday night. "Members of the public should

IN BRIEF

CFB Sherwater military base under lockdown

Military police and RCMP were conducting a search of CFB Sherwater near Halifax on Tuesday evening, after a report of an armed

person in the area. Sub. Lt. Jamie Tobin said the base was under lockdown during the search. As of Tuesday night, there were no other details available.

THE CANADIAN PRESS

CRIME

Four held in school bus stabbing

Halifax police have made four arrests in relation to a stabbing that took place on a school bus.

Two boys, both age 16, and one man face charges, including assault, causing a disturbance and uttering threats, following the violent incident outside Sackville High School last Friday afternoon, the RCMP

said in a news release.

Additionally, one 15-year-old Lower Sackville boy has been charged with attempted murder and possession of a weapon for a dangerous purpose, the RCMP confirmed. Police arrested the 15-year-old suspect Sunday night without incident, the RCMP said, adding he ap-

peared in court Monday and has been released on various conditions.

A 19-year-old man, who isn't a student at the school, ended up in hospital with "serious injuries" after being stabbed as the bus prepared to leave for the day.

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BLOOMING WONDERFUL The spring-like weather has people out and about everywhere, including here at the Public Gardens. Other than a few flurries Tuesday evening, nice weather is expected to continue this week. JEFF HARPER/METRO

Barrington resto closes

ECONOMY

Construction, low foot traffic and shuttered business cited

Yvette d'Entremont
Metro | Halifax

A Barrington Street restaurant owner said she's closing up shop and focusing on her South Park Street location because of issues impacting customer traffic in that part of the downtown.

Indochine Banh Mi restaurant will close the doors on its 1701 Barrington St. location at the end of the day Friday. The flagship restaurant at 1551 South Park St. will continue to operate and all staff will be absorbed into that location.

In a press release issued Tuesday, Indochine Banh Mi's founder and owner Liz Smith said the Barrington Street loca-

tion is not sustainable. "Despite a loyal lunch following, the restaurant has never attracted sufficient customer traffic in the evenings and on weekends to make the operation sustainable," the release states.

"Smith cites the combination of construction, lack of parking and many vacant storefronts

along Barrington Street as having a negative impact on traffic in the downtown core."

In 2010 the company opened its South Park Street location. Smith introduced the Halifax market to one of Vietnam's most popular street foods, Banh Mi, or Vietnamese sandwiches, along with a range of other dishes.

2 years

The restaurant opened its doors for the first time two years ago.

ADVERTISING FEATURE

COOKING FOR CANCER TAKES PLACE MAY 2 TO RAISE VITAL FUNDS FOR THE LODGE THAT GIVES

Seven teams of dedicated community members from across Nova Scotia will come together on May 2nd to duke it out for the title of Top Chef at The Canadian Cancer Society's Cooking For Cancer event. Since January, these business and community leaders have been fundraising, each with a goal of raising \$10,000 for The Canadian Cancer Society's Lodge That Gives.

This year, serving up an original dish with the help Westin chefs are the team of **Dennis Campbell**, CEO of Ambassadors and Murphy's on the Water and **Kellie**

Campbell; the team of **Bill Scollard**, Director of Operations, Keith's Brewery and **Phil Currie**, Executive Director, Atlantic University Sport; **John Swain**, President, Swain and Associates; the team of **Jonathan Lewis**, President and Financial Security Advisor, Eastport Financial Group and **Sara Lewis**, Owner and Operator of The Dog Shop Bathhouse and Boutique; the Skinfix team including **Nicholetta Bokolas**, **Natasha Compton**, **Stacia Hatherly**, **Kara Loop** and **Heiddis Olafsdottir**; **Pete Luckett**, entrepreneur and media personality; as well as **Adam Hayley**,

The Lodge That Gives' own in-house chef.

All funds raised through the event support operational costs of The Lodge That Gives. The Lodge is a home-away-from-home for cancer patients who live outside of the city and must travel for cancer treatments. Patients are able to stay at the lodge, free of charge, for as long as they need during their treatment. Home cooked, nutritious meals are also provided free of charge along with a variety of compassionate care services and programs. This year, The Lodge That Gives went

through an extensive expansion. As a result, occupancy will almost double and the Sobey Cancer Support Centre addition will now include programs, services, recreation areas, fitness areas, and a Day Respite room for cancer patients who need a place to wait between appointments or while waiting for a drive. The Lodge That Gives and Sobey Cancer Support Centre are completely funded by donor dollars, which is why events like Cooking For Cancer are so important. For more information about the event and to purchase tickets, please visit cancer.ca/cookingforcancer.



Phil Currie carefully garnishes his signature dish at the recipe draft in preparation for the big event.



Newly named Jinx, right, is one of 13 new RCMP canine recruits across Canada. RCMP/HANDOUT

Police puppies get new names

LAW ENFORCEMENT

Nation's kids produced 13 monickers starting with J



Yvette d'Entremont
Metro | Halifax

The 13 puppies born at the RCMP Police Dog Service training centre now have names

thanks to boys and girls representing every province and territory in Canada.

This year's Name the Puppy contest garnered almost 16,000 entries.

Nova Scotia's winning entry came from Lola Kirincich of Halifax who submitted the winning name 'Jinx.'

All names had to start with the letter J. For multiple entries of the same name, winners were selected at random.

The 13 winners each receive a certificate, an 8x10-inch

laminated photo of the puppy they named, a plush German Shepherd toy dog named Justice and an RCMP cap.

Other winning entries included Jango, Jolt, Jude, Juno, Java and Jazz.

The Police Dog Service Training Centre is the national training centre in Canada for all RCMP police dog teams. Ninety-three percent of the German Shepherds working as RCMP service dogs were born at the centre as part of the RCMP police dog breeding program.

ENTERTAINMENT

Festival's finances look shaky

The Annapolis Valley Blossom Festival is struggling financially and organizers say they need support to ensure the 84th annual event can happen this year.

The not-for profit organization started an online fundraising page gofundme.com/saveappleblossom in the hopes of raising \$5,000.

"The Apple Blossom Festival has run into

some issues where funding and volunteers are lacking. It takes thousands of sponsorship dollars to plan, organize and implement the 6 very busy days of festival, and a board of 12 very dedicated volunteers do their best to make it all possible," states the write-up on the online fundraising page.

"In 2015 alone, \$69,000 was needed

to run the festival ... The festival is rolling on but donations are needed to keep it going."

The festival, which began in 1933, is slated to run from May 25 to 30, but organizers say they are "in dire need" of financial help to keep the event running.

"After 84 years, we could not imagine this event coming to an end, and we need everyone's help in making another 84 years of tradition possible," organizers said. METRO

\$1,085

The amount raised as of late Tuesday.

CRIMINAL COURT

Development fraud charges laid

The former head of the Cumberland Regional Development Authority was called to appear in court this week, charged with fraud and nine counts of uttering forged documents.

Legal counsel for Rhonda Charmaine Kelly, 54, of Amherst, appeared in Amherst Provincial Court on her behalf this week, receiving an adjournment in the case until June 25.

The charges against Kelly — one count of defrauding the province of an amount in excess of \$5,000, and nine subsequent

charges of knowingly causing the Nova Scotia Dept. of Economic and Rural Development and Tourism to act upon forged documents between July 2007 and January 2010 — arise during the time Kelly was executive director of the economic and development association behind such projects as the Joggins Fossil Cliffs, Cape Chignecto park in Advocate Harbour, the refurbishment of the Thinkers Lodge in Pugwash and a number of downtown Amherst projects.

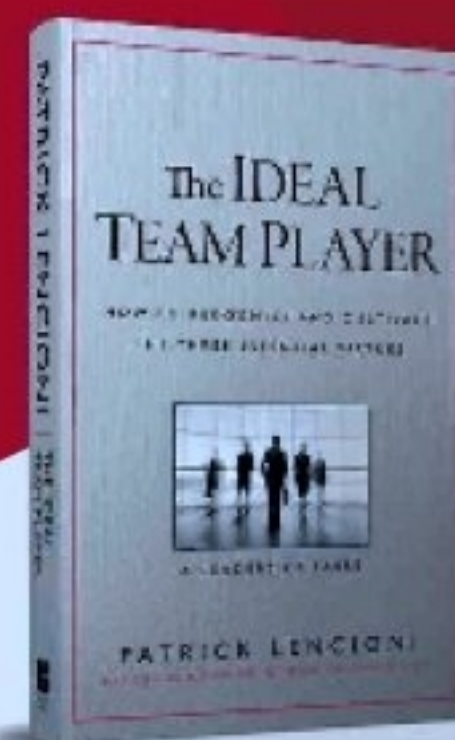
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+ BACKGROUND

The charges are just another chapter in a long story which includes an investigation by the provincial ombudsman calling practices at the association into question, a forensic audit and computer files hidden in a bank lockbox.

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HOMICIDES IN HALIFAX

Chief stresses long-term fixes

POLICING

Blais applauds 'frustration' on display at peace march

Yvette d'Entremont
Metro | Halifax

The Halifax Regional Police chief said the recent spate of gun violence that led to the deaths of three young black men in six days is being taken seriously, and police are continuing to reach out to the broader community.

"First off, this isn't a problem that can be solved through arrests. We have a tendency to think of things as being urgent and getting things automatically changed. That's not going to happen," Jean-Michel Blais said Tuesday.

"What we have to look at is long term-solutions in dealing with the underlying causes of this violence."

On Sunday, hundreds of people took to the streets for a peace march after the string of recent homicides, including three in less than a week. Blais said he felt it was important to march not only as chief of police but also as a resident.

"I was very pleased to see the numbers that were out there and I was especially pleased to see, strangely enough, the frustration that was in the crowd — and the reason being is that when people are frustrated, that's when things get done,"



Halifax Regional Police Chief Jean-Michel Blais. JEFF HARPER/METRO

he said.

"I didn't see finger-pointing; I didn't see people turning around and recognizing anything more than that the three men who lost their lives were all victims of crime."

Blais said "a lot of work" needs to be done by police, and not just with the African Nova Scotian community. He said police need to work with all communities to increase and improve the trust and confidence people have in them.

Blais also noted it was important for police to clearly communicate to the public what police can and can't do.

"We are here to validate information and evidence, not to create or fabricate it. A lot of people think after watching CSI and some TV shows that we can get DNA analysis done within 24 hours," he said. "It doesn't happen."

Blais said police also need people to step up and provide solid information to help them get to the bottom of all crimes, including the most recent gun-related deaths. He encouraged anyone with information or evidence of any kind to contact them anonymously through Crime Stoppers.

"What we're seeing here is ... young males between the ages of 15 to 24, both black and white, in different various sectors of the city who manage to get a hold of firearms, who are not afraid to carry them and who will use them indiscriminately," he said.

"And for the most part, if they have the firearms then they're involved in other criminal activities as well, and that makes for a very dangerous combination for themselves and for the people in their immediate proximity."



Police investigate the homicide of Tyler Richards last week. JEFF HARPER/METRO

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HOMICIDES IN HALIFAX



Quentrel Provo, right, leads a peace march down Nova Scotia Drive on Sunday. JEFF HARPER/METRO

Pastor has hope but heavy heart

OUTREACH

Groups focus on progress to ensure none 'died in vain'



Yvette d'Entremont
Metro | Halifax

There is a "very heavy spirit" in Rhonda Britton's community.

The pastor at Cornwallis Street Baptist Church said the recent gun-related deaths of young black men have shaken her and members of the broader community. They are grieving.

"We need to step in as though this is a national or provincial or municipal crisis and we need to put resources towards this crisis," Britton said Tuesday.

"A cry went out from the community (on Sunday) to do something to help our young men and to encourage our young men to put down their weapons and to stop this vendetta."

A national spotlight was placed on the Halifax region during a Tuesday morning broadcast of CBC radio's The Current. Britton and Quentrel Provo of the non-profit group Stop the Violence discussed the recent spate of shootings.

In an interview with Metro, Britton said Sunday's peace march in downtown Halifax that attracted hundreds of participants was uplifting.

"It said, 'We understand that this is not just your problem. This is something for all of us to be concerned about.' This is

not just a problem for the black community," she said.

Britton said while there are no easy answers, there are non-violence initiatives making a difference. She said both Ceasefire and Save Our Sons, Save Our Sisters are actively working with young people in her community.

But Ceasefire runs out of funding in the next year and a half, while Save Our Sons, Save Our Sisters is supported by local churches and can't do as much as they'd like.

"We only have eight to 10 people working for Ceasefire, and they're supposed to be covering all of Dartmouth and Halifax," she said. "They can't do it. It's not possible.... We are hoping our municipality and our province and the federal government will channel some funds in."

Britton said she thinks another gun amnesty might prove helpful and plans to speak to

Halifax's police chief about it.

"We can get people to turn in their weapons without any kind of reprisal. I think that is a first step; that we can do," she said.

Although Britton herself has a good working relationship with Halifax police, she said some members of her community don't feel as comfortable.

"I think that it's incumbent on me and on people who are in the public sphere ... to always remind people that this is a two-way street and we have a part to play in reducing that stigma and in making it a better relationship," she said.

Britton remains hopeful the broader community will continue working together.

"I have to be (hopeful) because otherwise we would all be despairing, but the other part of it is that if I'm not, then these young men would have died in vain."



Rev. Rhonda Britton. METRO FILE



Lace up a different pair of skates

The ice may be melted, but inline skating season has officially begun. We were proud to welcome over 120,000 visitors this winter. And if you'd still rather slide than glide, we can't wait to see you next year.

Trudeau won't budge on terrorists' ransom

PHILIPPINES

One Canadian still being held hostage by Abu Sayyaf group

Justin Trudeau is taking an uncompromising stance against terrorist kidnappers, vowing that Canada will never pay ransom for the release of hostages.

Moreover, he's promising to press other countries to adopt the same unyielding approach.

The prime minister took the hard line Tuesday as he wrapped up a three-day cabinet retreat that was overshadowed by the death of Canadian John Ridsdel, who was beheaded Monday by Abu Sayyaf militants in the Philippines after seven months of captivity.

Amid speculation about whether the government might pay ransom to release two others still being held captive — Canadian citizen Robert



Prime Minister Justin Trudeau speaks to the media after the Liberal Party cabinet retreat in Kananaskis, Alta. The prime minister is taking unyielding approach to dealing with the ransom demands of a terrorist group. THE CANADIAN PRESS

Hall and Norwegian Kjartan Sekkingstad, whom a government official confirmed is a permanent resident of Canada — Trudeau said he wanted "to make one thing perfectly, crystal clear."

"Canada does not and will not pay ransom to terrorists, directly or indirectly," he said.

He said it would encourage terrorists to kidnap more Canadians.

Ridsdel, 68, of Calgary, was one of four tourists — including Hall, Sekkingstad and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.



John Ridsdel AFP/GETTY IMAGES

Some of Canada's allies, notably France and Italy, have been willing to pay ransom for release of their citizens. Trudeau said he spoke Tuesday with British Prime Minister David Cameron, whose country adheres to the same no-ransom policy as Canada, and they agreed to press others to do the same.

The issue of whether governments acquiesce to the demands of terror groups has long been murky, and is likely to remain an open question regardless of what Trudeau and his fellow leaders decide.

THE CANADIAN PRESS

GENDER PARITY

Clinton hints at equitable cabinet

Justin Trudeau's gender-equal cabinet could soon be replicated in the United States, depending on the outcome of the current American election.

The poll-leading presidential candidate, Hillary Clinton, appeared to indicate her intention to follow suit when asked about it in a televised event on the eve of Tuesday's five northeastern primaries.

A moderator had asked about the Canadian cabinet: "(Justin Trudeau) promised when he took office that he would have a cabinet that was 50 per cent women, and then he did it... Would you make that same pledge?" Clinton suggested she would:

"I am going to have a cabinet that looks like America, and 50 per cent of America is women, right?"

Canada's gender-balanced cabinet has gotten a fair bit of attention in the U.S., fuelled partly by how the prime minister responded to a question about it with a shoulder shrug and the sound bite: "Because it's 2015."

But in reality, Canada didn't blaze that particular trail.

Finland's cabinet is 62 per cent female; Cape Verde's is 53 per cent; Sweden's is 52 per cent; and France's is 50 per cent, according to last year's statistics from the Inter-Parliamentary Union.

THE CANADIAN PRESS

DEATH

Parents found guilty

The mother of a toddler who died of meningitis began weeping Tuesday after a jury found her and her husband guilty of failing to provide their ill 19-month-old son with the necessities of life.

David and Collet Stephan testified at their trial in Lethbridge, Alta., that they be-

lieved their son had croup or flu, so they treated him for 2 1/2 weeks with remedies that included smoothies with hot peppers, garlic, onions and horseradish.

He eventually stopped breathing and died after being rushed to hospital. THE CANADIAN PRESS



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Trump fired up in sweep

U.S. ELECTION

Front-runner takes five states in big blow to his GOP rivals

Donald Trump swept all five Republican primaries Tuesday, a commanding showing across the Northeast that keeps the Republican front-runner on his narrow path to the GOP nomination. Hillary Clinton was dominant in Democratic contests in Delaware, Maryland and Pennsylvania.

At press time, Clinton and rival Bernie Sanders were locked in a close race in Connecticut, while the Vermont senator had an edge in Rhode Island, according to early vote counts.

Trump's victories came in Maryland, as well as Connecticut, Delaware, Pennsylvania and Rhode Island. His strong showing was a blow to rivals who are running out of ways to stop the brash billionaire.

Clinton aimed to emerge from

Tuesday's contests on the brink of becoming the first woman nominated by a major party. She's already increasingly looking past rival Bernie Sanders, even as the Vermont senator vows to stay in the race until primary voting ends in June.

Sanders spent Tuesday campaigning in West Virginia, where he drew several thousand people to a lively evening rally. He urged his supporters to recognize that they are "powerful people if you choose to exercise that power."

Still, there were some signs that Sanders' campaign was coming to grips with his difficult position. Top aide Tad Devine said that after Tuesday's results were known, "we'll decide what we're going to do going forward."

Trump's victories padded his delegate totals, yet the Republican contest remains chaotic. The businessman is the only candidate left in the three-person race who could possibly clinch the nomination through the regular voting process, yet he could still fall short of the 1,237 delegates he needs.

THE ASSOCIATED PRESS



Dayko, a four-year-old Labrador with the City of Ibarra Fire Department, died from a heart attack following an earthquake rescue mission. CITY OF IBARRA FIRE DEPARTMENT VIA FACEBOOK

EARTHQUAKE

Ecuador's hero dog dies suddenly



Rebecca Williams
Metro | Toronto

A rescue dog who died following a mission that saved eight people after Ecuador's devastating earthquake is being hailed a hero.

The City of Ibarra Fire Department announced Dayko,

a four-year-old Labrador, suffered a heart attack caused by heatstroke last week.

"Dayko captivated us all with his tender look and his friendly nature," the department wrote on Facebook. "Dayko has left a big void in the canine unit ... and in each one of those who knew him."

Dayko was part of a successful rescue operation in

Pedernales following Ecuador's 7.8 magnitude earthquake that has so far killed 650 people.

"This friend of four legs gave his life in the line of duty," the fire department wrote. "Thank you Dayko for your heroic efforts in Pedernales and in various emergencies to which you came," wrote the fire department.



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With a little help from friends

HOUSING

Millennials increasingly considering co-buying

When Jeremy Campbell purchased a house in Ladner, B.C., with his sister and her husband in 2010, it was meant to be a temporary arrangement until he could upgrade to a place of his own.

"The initial plan was to do this short term just to get into the market," says Campbell, who covered one third of the down payment on a 2,000 square-foot home that's split into two suites. But with home prices in the Lower Mainland's hot real estate market soaring, Campbell says they're thinking of staying put.

"We'll invest in the house to expand it versus selling and going our separate ways," says Campbell, noting that a renovation is needed to accommodate the growing family, which now includes his fiancée, their new dog and his three-year-old niece.

Experts say an increasing number of first-time homebuyers are



From right: Jeremy Campbell with his fiancée Holly Foran and dog, Ryan and Christina Ingham and their two-year-old daughter Regan. JONATHAN HAYWARD/THE CANADIAN PRESS

contemplating arrangements like Campbell's as sky-high prices in markets such as Toronto and Vancouver have eroded affordability.

A recent RBC poll found that roughly one in four millennials would consider purchasing a home with a friend — up from only 11.7 per cent the previous year.

The number of young buyers

who would consider going in on the purchase with a family member was 24 per cent, up from 14.7 per cent in 2015, the survey said.

In addition to higher prices, premiums for mortgage default insurance have risen, presenting an additional obstacle for first-time buyers, Nielsen adds.

The online survey of 2,000

Canadians was conducted by Ipsos on RBC's behalf between Jan. 28 and Feb. 4.

While many co-purchases involve both parties living together in the home, that isn't always the case.

When Richard Wiebe bought a \$340,000 two-storey house in Toronto's east end with a close friend in 2012, they each paid

25%

An RBC poll found that roughly one in four millennials would consider purchasing a home with a friend, and 24% would consider buying with family.

half of the down payment and agreed to split the cost of all of expenses and any capital gains when they sell.

But only Wiebe lives in the home. For his friend, the transaction is purely an investment.

"It's an awesome way to get into the market sooner without having to find 'The One.'"

Experts caution that such arrangements come with risks.

"When you purchase an asset together, it's basically like starting a business together," says Chantel Chapman, financial fitness coach at online lender Mogo Finance Technology.

"There are going to be points in time where things might not be amazing, and you need to account for that."

THE CANADIAN PRESS

COFFEE

Starbucks launches emojis

Starbucks has released an emoji keyboard app, in order to "add a little personality to email, texts or Facebook messages."

The Starbucks-based emojis include Frappuccinos, iced teas, coffees and even a purple "sip-face" unicorn. New emojis will be added throughout the year.

Starbucks has been enjoying success of late with its mobile order and pay app, which is now responsible for 10% of orders at the brand's busiest stores.

The keyboard is available (for both iOS and Android) as a free download on Apple's App Store and the Google Play Store. AFP

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ROSEMARY WESTWOOD ON PLAGIARISM

Wente's putative wrongdoing is not on the scale of Jonah Lehrer's or Benny Johnson's, but the allegations are serious and numerous. So why the Globe's kid gloves? Perhaps it's because Wente is, well, Wente.

Exhaustive the Globe's response is not.

After columnist Margaret Wente was again accused of plagiarism this week, the Globe and Mail issued a correction, an apology and a promise it won't be repeated.

All three appeared in a story, which Walrus editor Jonathan Kay noted reads more like a press release, bylined by the public editor Sylvia Stead. A public editor is intended to be an arm's length arbiter of media ethics, which is why a corporate-response-esque piece strikes as odd.

Odd, too, is the fact that while Stead's article quotes liberally from the Globe's code of conduct on plagiarism (which is wide-ranging and vague about what "may" constitute plagiarism) neither Stead, nor the single quote from editor-in-chief David Walmsley, actually uses the word. Instead, euphemisms abound: "similarities," "issue," "without acknowledging," "same phrase... repeated," "fell short of standards," "did not attribute" and "mistakes." Nor did Wente's name appear in the printed correction.

As for what this, Wente's second plagiarism scandal in four years, requires in terms of action by the Globe, we have this promise from Walmsley: "The Opinion team will be working with Peggy to ensure this cannot happen again."

It's good business to appear to be ethically beyond reproach, but it's bad business to lose your golden calves

That would be again, again.

Let's assume we won't be getting a second column-of-defence from Wente, since what's the point in repeating herself. "I'm far from perfect. I make mistakes. But I'm not a serial plagiarist," she wrote in 2012.

Among the most exhaustive reactions to plagiarism was Wired magazine's hiring of an outside journalist to chart wrongs in the work of science writer Jonah Lehrer; and BuzzFeed's review of more than 500 posts by Benny Johnson.

Wente's putative wrong-



STURDY SUCCESS Globe and Mail columnist Margaret Wente is among Canada's most widely read writers despite two high-profile accusations of plagiarism in four years. HANDOUT

But for the Globe, there are other options than "working with" a writer. And if the paper-most-hoping-to-be-the-New-York-Times wants to be taken seriously on this, it should pick one.

On the harsh end: The Vancouver Province fired a sports columnist in 2008 after he lifted a phrase about Guys and Dolls from Sports Illustrated magazine. Despite the writer's repeated apologies (akin to "Ms. Wente said she deeply regrets these mistakes"), the Province did not budge.

The Times has responded to allegations of plagiarism by its writers with investigations, to varying outcomes (resignations, months-later buyouts).

doing is not on the scale of Lehrer's or Johnson's, but the allegations are serious and numerous (Canadaland counted six in recent columns). So why the Globe's kid gloves? Perhaps it's because Wente is, well, Wente. She's among the country's most read — and most hate-read — writers. And in the age of media fracturing, a name that draws readers and spurs debate is only rising in value.

So perhaps the Globe's response is tailor-made for a seemingly priceless pundit. Standing behind Wente does appear to be worth more, financially speaking, than offering the public the appearance of a thorough going-over of the

allegations. At any rate, it's hard to imagine a lowly intern who clipped whole sentences from other writers getting the same loyal treatment.

And: Would other legacy media brands act any differently to accusations against their crown jewels? I'm not claiming they would; I'm genuinely wondering. Because while it's good business to appear to be ethically beyond reproach, it's bad business to lose your golden calves.

Possible double-standards are elsewhere in this fiasco, too. We know about the allegations because the media critic Carol Wainio has been combing through Wente's work for years, posting her findings intermittently on her blog, Media Culpa. You have to wonder how many other infractions by other writers we're unaware of, thanks to the lack of a dedicated sleuth.

It's also clear by the glee on Twitter that many — and many in the media — love nothing more than a good, juicy Wente controversy. She got one thing absolutely right when she said in 2012 "what I often am is a target for people who don't like what I write."

I've often wondered if they also don't like that she's a woman, since right-wing male voices don't typically elicit the same vitriol. A hate-on for Peggy feels like the admission price to progressive Canada, and progressive Canadian media. Would the scandal be quite so ... titillating ... if it had another villain?

Perhaps, perhaps not. But I see no holier-than-thous in Wente's second brush with scandal.



Trudeau finally arrives at usefully angry response to terror



Tim Harper

Sometimes you've got to be pissed off.

Justin Trudeau got there this week as his response to terrorism continues its remarkable evolution.

The prime minister sounded legitimately angry over the horrible death of Canadian John Ridsdel at the hands of terrorists, and resolute in his statement that this country will not pay terrorist ransoms — directly or indirectly.

Trudeau did not bow to the knee-jerk reaction that some of his opponents urge, he did not send in the JTF2 or pledge to carpet-bomb terrorist strongholds, but sometimes a country needs a leader to channel anger and surely there was anger — along with sympathy for Ridsdel's family and friends — over the brutal and senseless killing of an innocent Canadian.

Trudeau called it what it was, "cold-blooded murder," a substantive change in tone from a man who, since becoming Liberal leader, has often appeared to be overshooting in his quest to provide perspective and undershooting on the question of outrage.

The no-ransom policy is noble and correct. And risky. This is, in fact, a major testing of a prime minister barely six months into his job. The fate of a second Canadian being held, 50-year-old Robert Hall, hangs in the balance.

Trudeau has downplayed the fear spread by terror attacks, but since becoming Liberal leader in 2013, he has

taken on the role of amateur psychologist, appeared shaken, and seemed devoid of genuine outrage.

In his first substantive interview after winning the Liberal leadership three years ago, bombs had just killed three and maimed more than 200 at the finish line of the Boston Marathon, and Trudeau spoke of "root causes" of terror with the CBC's Peter Mansbridge, leading Stephen Harper to accuse him of "rationalizing" terror attacks.

In many ways, Trudeau's default position was to rise above the fray, a mien much like that of his newfound friend, Barack Obama, who, as New York Times Maureen Dowd wrote after the recent Brussels attacks, remains "too cool for school."

But there has since been an unmistakable change.

Last November, the new prime minister seemed shaken by the attacks in Paris.

"These terrorist attacks are deeply worrying and obviously unsettling to people around the world," he said, without specifically condemning them.

A few months later, following the Brussels attacks, he found his outrage.

"This cannot and will not be tolerated. Canada strongly condemns these cowardly acts."

Trudeau is no longer above the fray and he has been forced to react with resolve he lacked in 2013. But the fate of Hall largely rests with him and there can be no tougher test of a prime minister's resolve than that.

Tim Harper is a national affairs columnist for the Toronto Star.

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The simplest project is to put rails where the stairs are. ISTOCK

Projects to make your home senior-friendly

HELP AT HOME

Loan programs to help with the financial burden of renovation

Jennifer Taplin

Big or small, there are many renovation projects that can make homes senior-friendly.

"The simplest place is to put rails where the stairs are," said Barbara Adams with Physio-Care at Home. "Having two railings really does dramatically reduce the risk of falling down

the stairs."

Also, a specialized door hinge will widen the doorway space so someone can get through with a walker or a wheelchair.

"Another simple renovation is to put grab bars in places like around the toilet and bathtub," she said. "And put blocks under your furniture to raise your chair up." It's a fairly inexpensive fix to ensure seniors can get out of a chair properly.

A floor-to-ceiling length pole can be installed next to a bed or chair to offer support when getting up or down, she added.

When the only bathroom in the house is upstairs, Adams said an electric chair lift makes a huge difference and is less expensive than employing some-

one for care.

"It also reduces the amount of strain on their arms, which is a huge issue for seniors. When their legs start to go, they start to use their arms to walk."

Renovating to add a bathroom on the main level is a big expense but well worth it, Adams said. And taking advantage of technology, such as video monitoring and motion-activated lights, means a safer environment for seniors living on their own.

It can cost hundreds, even thousands of dollars to renovate but there are grant and loan programs to help with the financial burden.

"One of government's key objectives is to allow seniors to live

in their own homes for as long as possible because that's what seniors want and at the same time it frees up other more costly institutions like hospitals and long-term care facilities," said Stephan Richard with Housing Nova Scotia. "We have programs that will allow homeowners to make some important repairs to their homes."

For example, the home adaptation for seniors independence program helps cover the cost of projects including widening the stairs, bath lifts and ramps.

Richard said in 2014/2015, Housing Nova Scotia spent \$16.5 million to help 2,200 lower-income households, of which about 40 per cent housed seniors.

FACING HURDLES

Making plans for aging at home

As people age and begin to face hurdles that may make daily living more difficult, both seniors and those that care for them need to consider a plan for aging-in-place.

Without a plan for the future, unexpected changes can quickly lead to bad situations that are far more difficult to navigate. The best possible scenario for many, is ensuring seniors are able to stay happy at home for a longer period of time.

Aging-in-place is often something people don't think about until an incident forces the issue. There are a number of things to discuss when thinking through a plan for happier and seamless aging. For example; does the senior want to downsize? Do they live in an urban area with accessible transportation? Is the current home a place that can be modified to accommodate changes?

Everyone involved in this process needs to consider wellness and what is going to make the senior feel happy and safe. And while it may seem like a

daunting conversation to have, coming up with an aging-in-place strategy can start with small, simple adjustments:

1. Have an open and honest conversation about everyone's definition of being happy at home. You may be surprised to hear that caregivers and seniors have different perspectives on what a fulfilled senior life looks like. A recent study revealed that caregivers prioritize activity and exercise while aging seniors are looking for meaningful relationships and connection to those around them.

2. Easy-to-use aids like Philips Lifeline are a cost effective addition to aging-in-place. Products and services like the at-home Medication Dispensing Service, GoSafe's mobile pendant with two-way voice capabilities and AutoAlert's fall detection enable longer, independent living. Technology aids of any type are a great way to ensure a feeling of security at home.

3. As daily living for seniors continues to evolve, so do the supports needed both inside and outside the house, and from those that are providing care. In addition to technology aids, larger changes may also become necessary.

Happiness in the home will be unique and tailored depending on the person, so it's important to keep in mind there is no one-size-fits-all solution.

NEWS CANADA



Aging-in-place is often something people don't think about until an incident forces the issue. ISTOCK

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Watch for team Silver Sneakers

Jennifer Taplin

A gaggle of seniors will be taking the Scotiabank Bluenose Marathon 5K race by storm this year.

Among team Silver Sneakers will be 75-year-old Madge MacInnis. Just try to keep up with her.

Ever since MacInnis re-

tired from owning her own catering company she's kept a busy schedule. She plays bridge twice a week, is in a walking club, is active in her church and she's the chair of the board for Chebucto Links, a seniors organization.

MacInnis also used to be an inspirational speaker for the United Way by talking to donors about how their money was helping seniors.

"Because I'm all about seniors," she said.

Her love of seniors started long ago. Her parents were ill and didn't know about organizations out there to help them.

"If they had, their lives would have been better," she said.

Chebucto Links runs four different programs out of rented church halls. They regularly serve seniors a lunch, which they pay for, then they social-

ize and play games.

"The reason it's so important to have a meal with other people is it tastes entirely different. Even a cup of tea tastes entirely different if you've got somebody across the table to share it with."

They have a morning program where seniors play games and a ladies social event where they host speakers.

There's also a walking club,

plus Chebucto Links organizes trips to restaurants and tourist sites.

"In order to keep these programs going we need money," MacInnis said. "All organizations out there are looking for money because it is hard to come by and there's about 100 people all applying for the same grant."

MacInnis said she still plans to apply for grants but they also need to fundraise. That's

why they put together a 14-person team in the Bluenose next month. She is proudly at the top of the leader board for donations so far with \$360.

MacInnis has never done a marathon like this but she's always been a big walker. MacInnis and her husband don't have a car so they walk everywhere.

"We're going to make it fun and it's not going to be a serious thing."



Team Silver Sneakers taking the Scotiabank Bluenose Marathon 5K race by storm. CONTRIBUTED



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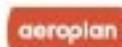
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Currently, there are about 5,000 affordable housing units

Jennifer Taplin

Finding an affordable apartment to rent, or waiting for a nursing home: For many seniors, finding a place to live that suits their needs and budgets can be stressful, and likely comes with a long wait.

Rent in HRM is very expensive, said Pat Kipping, housing advocate for the Canadian Association of Retired Persons (CARP).

"I don't think there is enough affordable housing for aging boomers and seniors," she said. "I think there's enough housing, but I don't think it's affordable and what is affordable is not in the communities where they raised their children and developed a community."

If rent is too high, attention turns to subsidized housing. Generally, there are two options: Housing Nova Scotia and projects run by non-profit organizations.

"I would say about 75 per cent, the vast majority of the people we have living in the apartments we manage through the housing authority are seniors," said Stephan Richard with Housing Nova Scotia.

As of this month, there are 837 seniors waiting for subsidized housing in HRM. He added many of them are waiting for a transfer, not necessarily to be housed.



As of this month, there are 837 seniors waiting for subsidized housing. iStock

BACKGROUND

There are 7,800 long-term beds in the province; 6,900 are nursing home beds, 900 are residential care beds.

As of April 20, 2016:
• People waiting for their first bed at home: 1,165
• People waiting for their first bed in hospital: 168

• People waiting for a transfer: 1,113
• Total: 2,446

- The average wait time for long term care in 2014/15 for those waiting for a home was 333 days and 198 days for people waiting in hospital.

There are about 5,000 affordable housing units in HRM — some of them are renovated specifically for seniors — with most of them built in the 1960s. The newest builds date back to 1993. Richard added that there are no plans to build more.

Kipping believes focus should shift to keeping seniors at home for longer, instead of in nursing homes.

Susan Stevens, director of Continuing Care within the Nova Scotia Health Authority, said that concept has become a

priority with new policy changes making a significant impact on wait lists this past year.

As of Feb. 25, 2015 (before the changes took effect), there were a total of 3,869 people on the wait list for residential care and nursing homes. Compare that to 2,446 as of this month — a decrease of 37 per cent.

A review committee now makes sure everything has been done to keep seniors at home before being added to a wait list.

"Also, we're not putting people on the list who say, 'oh I might need it in two years.' We're saying we'll continue to support you at home and when you need that care, we'll get you on the list," Stevens said.



Take your time and remember that it doesn't all have to be done today. iStock

GREEN THUMB

Advice for gardeners with arthritis

Weeds can hurt.

Sure they look docile, bobbing in the breeze in the backyard, but if you have arthritis, weeding and gardening can be painful.

Jodi DeLong, gardening expert and author, and Kim Slauenwhite with the Arthritis Society, have some great advice for people with arthritis who are itching to get out in the garden this spring.

"First thing is, it doesn't all have to be done today," DeLong said. "We get in a frothing frenzy, and I include myself in this. In the spring we think we have to do this, and this, and this. No, you don't." Take your time and don't worry about the dandelions — they're good for the bees, DeLong said.

"I'm a do-not-sweat-this type of gardener." Before you touch the dirt, warm up first and stretch, said Slauenwhite.

"We also recommend a cool down to release any type of stress, strain, or stiffness that might have happened when doing repetitive movements," Slauenwhite said.

It's also a good idea to break

up the activity — and the jobs in the garden — to avoid long stretches of repetitive movements.

Kneeling pads and tools designed for people with arthritis can be helpful, Slauenwhite said. Or, she added, get some foam tubing and wrap it around the handles of hand tools for a better grip.

"That takes a lot of pressure off the joints in the hand," Slauenwhite said.

DeLong, who had both knees replaced several years ago, doesn't kneel in the garden anymore; she sits or squats and there's nothing wrong with that.

"It doesn't matter what age you are or level of physical fitness, I always tell people to minimize your lawn," she said. "There's a lot of work involved in doing proper lawn care and I don't do it. My theory is turn it into a garden."

But if you still need a play area for the grandkids, DeLong recommends using a slow growing grass or clover.

Making friends with mulch

Everyone should make friends with mulch, DeLong said.

"It helps keep moisture in the ground, helps to keep the roots of your plants cool and it helps to suppress weed germination and growth," she said. But avoid mulch "volcanoes" piled up around a trunk, she said. A layer a couple inches deep will do it.

JENNIFER TAPLIN

Avoiding financial mistakes

MONEY MATTERS

The top five mistakes before, during and after retirement

Jennifer Taplin

Whether retirement is approaching or already here, there are a number of common mistakes you'll want to avoid.

Two financial advisors — Gary Ward, with Davison Orser and Ward Wealth Planning, and Jeff Winship at Maritime Wealth Management Inc. — shared the top five financial mistakes people make before, during and after retirement.

First on both advisors' list is failing to have a plan and a budget.

They suggest a budget should be drawn up well before retirement and reviewed regularly.

Second on the list for Ward is making poor decisions

around downsizing. He said many people aren't happy so they move again and again.

"That's expensive to keep doing that," Ward said. "It is recommended that when people downsize the family home they repurchase for no more than 70 per cent of what they got for the sale so they have some cash left over."

Winship said people need to shift their thinking around investment returns as retirement approaches.

"In the years leading up to retirement there's a greater focus on growth-oriented investments," Winship explained.

But when retirement hits, it's best to be more protective, he said. That means moving away from the riskier investments to ones with more modest returns.

Third on the no-no list for Winship is not spending enough time thinking about what life will be like post-work.

One common problem is people realize a lot of their identity is wrapped up in their jobs and haven't built

social networks outside work, he said.

The third mistake on Ward's list is completely different: Being drawn into supporting adult working children.

"Often time seniors get drawn into supporting adult working children or grandchildren," Ward said. "Young people have years to make up but seniors don't."

Four and five for Ward are withdrawing registered investments like RRSPs instead of using cash for things like cruises, and failing to address estate planning issues, especially for people who have second marriages later in life.

The last two mistakes on Winship's list are leaving one person in the couple out of financial decisions, and not being flexible when it comes to retirement.

He said it's rare for a couple to retire on the same day; usually it's staggered or one person works part time.

"There are a lot of different choices that can be made prior to or after retirement that don't fit into that box," Winship said.



Failing to have a plan and a budget is always number one on the list of mistakes people make. iStock

PLANNING AHEAD

Reaching your retirement goals

From exotic vacations to golf club memberships, everyone's vision of retirement is different. One thing in common for retirees and those approaching their golden years is the importance of confirming your goals and creating a financial plan to help you reach them. According to a recent TD survey, nine in 10 Canadian boomer respondents said that it's important for them to take time for life's enjoyments. Lee Bennett, senior vice president, TD Wealth Financial Planning, says goal-based planning can help fund these enjoyments throughout retirement years. Bennett offers the following advice:

Establish Your Goals

The first step to building a realistic and fulfilling retirement plan is to identify and set goals. Whether your goal is short-term or long-term, identifying milestone targets, such as saving a certain amount of money each month, will help make any goal more attainable.

The Road to Success

Meeting with a financial planner can ensure you get on the right track to achieve your goals, whether you're already retired or still a few years away.

NEWS CANADA

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THE EVOLUTION TO SENIOR LIVING.

18 Wednesday, April 27, 2016

metroSPECIAL REPORT: METRO AGES

Getting out with your friends

SENIORS LIVING

Social clubs in HRM offer variety of activities

Jennifer Taplin

Leave the TV at home and check out the many seniors clubs all around HRM.

Agnes Elms, president of the Campbell's Cole Harbour Senior Citizens Club, joined over a decade ago and loves it.

"I had my elderly father who lived with me," said Elms, 73. "I had to find some place for him to be entertained."

Campbell's, located at 16A Circassion Drive in Cole Harbour, has about 80 members. They host bingo, craft classes, card games, computer classes, and \$10 lunches on Thursdays. Elms added they're open to new activities if anyone has suggestions.

"It's a safe place, you're

with your peers and there are activities and a lot of social (events)," Elms said. "Sitting in the house just watching TV you'll go crazy. It's very important that seniors get out because when a senior isolates themselves, it leads to a lot of problems."

There are many seniors clubs throughout HRM offering a variety of activities. Elms said many of these clubs are having a difficult time keeping membership up lately.

It has a lot to do with baby boomers moving out of their homes and into apartment buildings which have their own events.

"It's getting harder and harder to maintain membership in clubs like ours but I think HRM does have quite a few places for seniors to go," she said.

Her advice for anyone contemplating a club: just try it.

"If nothing else, go there and see what it's like because it is a very safe environment for seniors," she said. "You learn a lot too because we have speakers come in and have safety information sessions."



Bingo, craft classes, card games, computer classes and more at seniors clubs around HRM. iStock

+ SENIORS CLUBS

A listing of several seniors clubs provided by 211. For more info, call 211 or visit ns.211.ca.

Campbell's Cole Harbour Senior Citizens Club

Chebucto Links

Elderberries

Fairview United Church - Seniors Luncheon

Italian Canadian Cultural Association of Nova Scotia - Italian-Canadian Golden Age Senior Group

Musquodoboit Valley Family Resource Centre - JOY Group

Northwood - ReBoom Community Program


Sackville Seniors Advisory Council

Salvation Army - Dartmouth Community Church - Seniors' Tea

Seniors Association of St Margaret's Bay

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Living your best life.

The world is just a touchscreen away

Do you remember rotary dials, party lines and payphones? These days, the world is just a touchscreen away. The technology is fascinating but for seniors especially, it's important to balance convenience with security and privacy precautions. The following three tips will help you enjoy all the benefits smartphones offer, worry free:

Be app safe

From games and daily planners

to health care and transportation solutions, there are apps for almost any need. But some have been designed to gain access to personal data.

Limit risks by first, only downloading apps from trusted sources, such as Google Play and the Apple App Store, and also by choosing strong privacy settings, paying attention to permission settings, and disabling tracking features, like GPS, when not in use. And remember to keep your

device operating system up-to-date so you have the latest security software.

Don't talk to strangers

Your phone connects you with loved ones, but it can also expose you to scams and online predators.

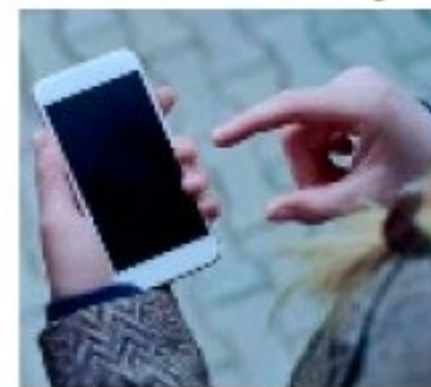
"Criminals often target seniors with text messages, emails, and social media messages promising too-good-to-be-true investments, contests, or low-cost medica-

tions," explains Shelly Smith, director of Telus Wise. "Typically, these are supported with professional websites and seemingly legitimate company names, so it's no wonder they work."

Trivia and other games texted directly to you also pose a threat. Simply opening these can incur major fees. As a rule of thumb, never engage with unknown senders or click suspicious links – and never transfer money to strangers.

Protect yourself in case of smartphone loss

Before your smartphone goes missing, you can safeguard your information in a few ways. Invest in a warranty program. Install software that allows you to remotely erase data – some devices already have this built in. But what if the smartphone disappears? "Immediately contact your phone company," says Smith. "They can help you find or replace it promptly." **NEWS CANADA**



Enjoy your smartphone worry free by using some easy security precautions. **ISTOCK**



Some technology helps seniors live more independently. **ISTOCK**

AGING POPULATION

Technology a great way to help support seniors

Canada's aging population has shifted the conversations we're having about technology and successful, independent aging.

And although the Canadian population now has more seniors than children, we're not seeing the adoption of meaningful innovations required by this demographic.

Technology can be a great way to support seniors who face the challenges of losing their freedom, independence and connection to others. Mobile devices, e-mail and video conferencing are all ways that seniors can stay connected with their community. There is also technology that allows them to live independently at home longer.

Philips Lifeline is one example of technology that's helping seniors feel safe in their own home knowing that they can access help at the push of a button. Lifeline's latest innovation — GoSafe —

uses six locating capabilities and is designed to automatically detect falls anywhere the person wearing it goes.

"GoSafe has made all the difference in the world, giving me the freedom to maintain my active lifestyle without making compromises fueled by fear," says Ruth, a GoSafe user. "I have a busy lifestyle, so whether I'm close to home, running errands or out volunteering, I don't have to worry."

With the ongoing advancement of technology, and increasing need for senior support, products like Philips Lifeline bridge the technology gap behind felt by the aging population. Seniors prioritize interaction, independence and an enriched aging process more than anything else. Technology can help to avoid moments of fear and isolation, and with the right supports in place, can empower seniors to live life to the fullest with confidence. **NEWS CANADA**

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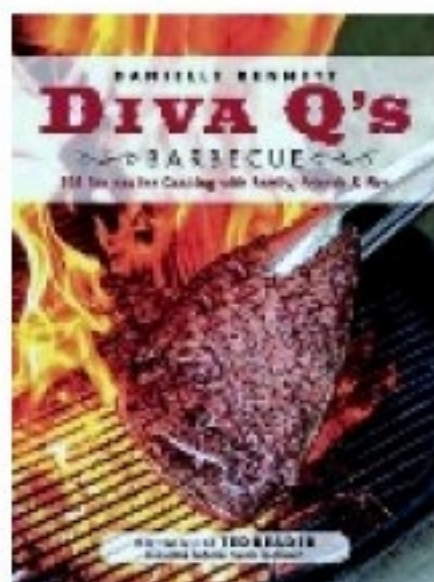
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BOOK EXCERPT DIVA Q'S BARBECUE: 195 RECIPES FOR COOKING WITH FAMILY, FRIENDS & FIRE BY DANIELLE BENNETT

Flank steak, made fancy



Diva Q's (a.k.a. Danielle Bennett's) backyard barbecue book is packed with simple recipes for casual, down-to-earth family food. Get started with the six recipes you need to know most, then move to chapters on appetizers, pork, bacon (Diva Q's claim to fame), beef, fowl, seafood, sides, salads, slaws, breads and desserts, that take you from the basics to the best the barbecue world has to offer.

Plenty of meatless options are included, too.

Flank steak is the ugly duckling of the steak world. It isn't nearly as sexy as a porterhouse, nor as attractive as a rib eye. But what flank lacks in beauty, it sure makes up for in flavour. Flank steak needs a marinade, but is an economical cut that can feed a lot of people when it's sliced thinly across the grain.

Rosemary-Garlic Marinated Flank Steak

Makes six servings
Prep: 20 minutes
Marinate: overnight
Cook: 10 to 12 minutes

Ingredients:

- 1 flank steak (about 2 lb)
- Sea salt for serving

For the marinade:

- 1 cup soy sauce
- 1/2 cup rice wine vinegar
- 1/4 cup finely chopped fresh rosemary leaves
- 2 tbsp minced garlic
- 2 tbsp sorghum syrup (see sidebar)
- 1 tbsp granulated onion
- 1 tbsp coarsely ground black pepper (butcher grind)

Directions:

1. Mix together all the marinade ingredients in a medium bowl. Place the flank steak in a 1-gallon resealable freezer bag. Pour the marinade over the flank steak, then seal the bag, squeezing to remove as much air as possible.



Flank steak is best served rare to medium rare. KEN GOODMAN/DIVA Q'S BARBECUE

SORGHUM

Although referred to as sorghum "molasses" in the southern United States, sorghum syrup is actually made from sorghum grass, not sugar cane. It's an amber, mild-flavored syrup that's slightly sweeter than true molasses. Substitute maple syrup if you can't find it.

2. Refrigerate overnight, turning the bag once or twice to ensure even distribution of the marinade.

3. Prepare your grill for direct cooking and preheat it to medium-high (375°F to 450°F).

4. Remove the flank steak from the marinade, discarding the remaining marinade. Grill the flank steak, turning once, until the internal temperature reaches 120°F to 130°F for rare to medium-rare, about 10 to 12 minutes. (Flank steaks can vary in thickness, so keep an eye on the steak and don't overcook it; flank is best served rare to medium-rare.)

5. Remove the flank steak from the grill, tent loosely with foil and let rest for 10 minutes. Slice thinly across the grain. I like to sprinkle the slices with sea salt just before serving.

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RECIPE

A potato salad you'll want to keep all to yourself

My friend Colleen would always bring a potato and chorizo salad to our potluck parties. It was so good, I'd try and put it out of reach at the back of the buffet table so there'd be leftovers. This is my grilled version of that salad that I'm now happy to share.

Grilled Potato and Chorizo Parsley Salad

Ingredients:

- 1 1/2 lb mini potatoes, halved

- 2 tbsp extra virgin olive oil
- Kosher salt and finely ground black pepper to taste
- 8 oz cured sweet Portuguese chorizo
- 1 small bunch fresh flat-leaf parsley, leaves picked and finely chopped
- 3/4 cup crumbled queso fresco (Queso fresco is a soft, unripened cow's milk cheese from Mexico. Look for it in larger supermarkets or specialty cheese stores.)

Vinaigrette

- 1/2 cup extra virgin olive oil
- 3 tbsp freshly squeezed lemon juice
- 1 tbsp Dijon mustard
- Kosher salt and finely ground black pepper to taste

Directions:

1. Whisk together all the vinaigrette ingredients in a small glass bowl, seasoning generously with salt and pepper. Set aside.

2. Prepare your grill for direct cooking and preheat it to medium-high (375°F to 450°F).

3. Meanwhile, put the potatoes in a microwave-safe bowl. Cover with plastic wrap and microwave on high until almost tender, about 8 minutes.

4. Add the olive oil and a generous sprinkling of salt and pepper to the potatoes and toss well.

5. Grill the potatoes and chorizo, turning often, until

the potatoes are crisp on the outside and the chorizo is reheated, 10 to 20 minutes.

6. Remove the potatoes and chorizo from the grill. Place the potatoes in a large bowl. Cut the chorizo into bite-size pieces and add to the bowl.

7. Whisk the vinaigrette. Add to the potato mixture, along with the parsley, and toss well. Season with salt and pepper to taste and scatter with queso fresco.



A grilled version of a classic potato salad. KEN GOODMAN

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

The Ranch strains to modernize the sitcom

THE SHOW: *The Ranch*, Season 1, Episode 3 (Netflix)
THE MOMENT: The Cheerios joke

Colt (Ashton Kutcher), a failed semi-pro footballer, has come home to his family's Colorado ranch to help his father Beau (Sam Elliott) and brother Rooster (Danny Masterson). They're in their dusty front yard tossing a football.

"Rooster, go long," Colt says. "I know that trick," Rooster replies. "You tell me to go long, then you run inside and dunk your balls in my Cheerios."

"It's dinner," Colt says. "I'm not gonna dunk my sack in your hot soup. I only make that mistake once."

I can just see the meeting where this series was concocted. "What if we did a traditional three-camera sitcom, like *Cheers*, filmed in front of a live studio audience, but made it potty-mouthed?" Judging by the audience's uproarious reaction to the many cracks about testicles,



The Ranch is a big 'ole slab of American Pie. CONTRIBUTED

backsides, crabs, and this line, after Colt reaches into a cow to deliver a calf — "That's not the vagina I thought I'd be in tonight" — it's working.

The Ranch is a big 'ole slab of American apple pie. Beau is a rabid conservative.

His ex-wife Maggie (who presides over the show's other set, the local bar), is a liberal hippie. Colt is their man-boy who has to grow up.

But instead of ice cream on

top, it opts for bodily fluids, in a strained effort to be modern. The way the audience hoots at groaners like the one where Rooster asks if Beau wants to watch something on Netflix, and Beau growls, "What the f— is Netflix?" proves that Peak TV isn't as sophisticated as we think.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

RESTAURANT

Bobby Flay guests at Drake hangout

Toronto rapper Drake drops in for burgers. Meanwhile, stars including Rihanna, Jada Pinkett Smith and Serena Williams have graced the slick dining room.

Yes, the new restaurant Fring's has quickly become a Toronto hotspot since it opened last fall.

This week it welcomed another celebrity, chef Bobby Flay. Owner/star chef Susur Lee says Flay was a guest chef during a six-course tasting menu event.

The two first met at least 20 years ago and competed against each other on the Food Network series *"Iron Chef"* in 2006 — a battle that resulted in a tie.

"He's one of those great colleagues and friends for many years," said Lee, who was born in Hong Kong and appears on *"Chopped Canada."*

Lee, who's known for his fusion food, has six restaurants: five in Toronto and one in Singapore. For Fring's, he created the menu, but sons Levi and Kai Bent-Lee run operations.

Drake is friends with Lee's sons and stops by Fring's whenever he's in town.

He's also rumoured to be part-owner of Fring's, but when asked whether that was true, Lee would only say he has an involvement.

"There's a lot support around that, let's put it that way," he said in a phone interview.

The Fring's menu includes a variety of dishes that are meant to be shared, from specialty toasts to small and large plates (Lee said Drake likes the Susur Burger). Lee's sons came up with the menu ideas.

"They just say, 'Chef and dad, I want that on the menu, I want this on the menu, I like this kind of food,' so I said, 'OK, let me make it for you and you taste it,'" he said.

"My kids (were) born in the restaurant (business), since they

were little babies. They travel a lot, they eat a lot, their passion is restaurant business and also they are young — and of course the youth really changed a generation, a way of eating and way of style of restaurants."

"Sometimes I'm still learning from those guys."

As Lee sees it, millennials want to dine in a place that has "good music, a nice room" and "to be very flamboyant about drinks."

THE CANADIAN PRESS



Drake with Susur Lee, owner of Toronto hotspot Fring's, at its grand opening in September 2015. GEORGE PIMENTEL/GETTY IMAGES



Kelly Ripa reportedly had little warning from ABC that her co-star Michael Strahan (right), would be leaving *LIVE!* with Kelly and Michael for *Good Morning America*. CHRIS PIZZELLO/INVISION/AP FILE

Co-host uproar settled: Kelly Ripa

TELEVISION

Host took brief hiatus after surprise ABC shakeup

Kelly Ripa returned to her daytime talk show Tuesday after time off to "gather (her) thoughts" after learning her co-host Michael Strahan was leaving, saying the incident had started a conversation about workplace respect.

She also said her bosses had apologized to her, and she'd received assurances that the "Live with Kelly and Michael" show was important to the parent Walt Disney Co.

"Guys, calm down, they didn't say anything about Christmas bonuses," she joked after the audience applauded.

Ripa was reportedly upset that she learned only a few minutes before the public last Tuesday that Strahan, her co-host since 2012, was leaving in September for a full-time job with ABC's *"Good Morning America."* He works part-time on the morning news show now and executives there are looking for a way to turn around fading ratings.

Ripa skipped Wednesday and Thursday's show, and said she had a scheduled vacation Friday and Monday.

"I needed a couple of days to gather my thoughts," she said after returning to a standing ovation from the audience. "After 26 years with this company, I've earned that right."

She said the time helped her gain some perspective and that "apologies have been made." She didn't say who apologized and ABC officials haven't publicly admitted to blowing the transition.

"What happened was extraordinary," she said. "It started a much greater conversation about communication and consideration and, most importantly, respect in the workplace. I don't consider this a workplace. This is my second home."

The former soap opera actress has been co-host of "Live" since 2001, first with Regis Philbin and then with Strahan. Besides the lack of communication that Ripa took issue with, the shifting of Strahan to take advantage of his popularity on "Good Morning America" sent an unmistakable message about which show was

more important to ABC's bottom line.

Yet the network surely didn't anticipate the drama would play out in the media or how it would raise questions about when — or if — Ripa would return. ABC did not immediately comment Tuesday on Ripa's statements.

She walked hand-in-hand with Strahan onto the stage of her show Tuesday, and Strahan swiftly let his co-host stand alone to talk about the incident.

"I am fairly certain that there are trained professional snipers with tranquilizer darts in case I drift too far off message," said Ripa, who appeared emotionally taken aback by the audience response.

Strahan, when she was done, said he was happy Ripa was back.

"If there's one thing I know about you, you love the show, you love the staff, you love your fans and I love you," Strahan said. "You're the queen of morning television."

THE ASSOCIATED PRESS

“What happened ... started a much greater conversation about communication and consideration and, most importantly, respect in the workplace.”

Kelly Ripa

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Sandwiches

Grabbing a sandwich seems like a safe bet for a healthy lunch when compared to food court options, but what's between the slices may cost you way more nutritionally than you bargained for!

PICK THIS

Panera Bread Mediterranean Chicken Flatbread (full order - two flatbreads)

Chicken, curried lentil hummus, feta, cucumber, napa cabbage, tzatziki sauce on a whole grain flatbread.

Calories 620

Fat 23g

Sodium 1100mg



SKIP THIS

Panera Bread Italian Combo Sandwich (full sandwich)

Steak, smoked turkey breast and ham, salami, Swiss cheese, pepperoncini, lettuce, tomatoes, red onions and special sauce on ciabatta bread.

Calories 1,000

Fat 41g

Sodium 2810mg



HERE'S WHY



Equivalent to 15 small fries from McDonald's in sodium.

A mix of meats may be tasty, but when most of the meat is smoked, processed and fatty, you're adding excess calories, fat and sodium. Not to mention the sauce, which is loaded with mayonnaise, and the dense crusty bread; now you've got over an entire day's worth of sodium and most of your fat and calorie intake — and this is just lunch! Opt for the Mediterranean Chicken Flatbread, with lean chicken, hummus, veggies and tzatziki. You'll save half the calories, fat and sodium.

RECIPE

Make the Queen Bee's lemonade

By now you've all slurped up Beyoncé's Lemonade, her sixth studio album that premiered over the weekend. There's likely another week or so of think pieces to gloss over, be it concerning the political and racial themes behind her short film, whether Beyoncé is finally showing vulnerability beyond her ultra-restrained persona, or, most importantly, the identity of Becky With The Good Hair.

In the meantime, you can spill the tea at your next Lemonade viewing party with the actual lemonade recipe Beyoncé recites in the film. For the record here's the original recipe, courtesy of Beyoncé's grandmother Agnez Deréon: "Take one pint of water. Add half a pound of sugar. The juice of eight lemons. The zest of half a lemon. Pour the water from one jug then into the other several times. Strain through a clean napkin."

Here is our adapted recipe:

- 1 cup (250 mL) superfine sugar
- Juice of 8 lemons (about 1 1/2 cups/375 mL), strained of pulp and seeds
- Zest of 1/2 lemon (about 1/2



A super sweet lemonade.

TORSTAR NEWS SERVICE

tsp/2 mL)

• Pour water, sugar, lemon juice and lemon zest into a large mixing bowl. Stir until sugar has dissolved. Strain through fine-mesh sieve into a large pitcher. Serve over ice. Makes 1L of lemonade.

The result is a very (very!) sweet lemonade that reminds us of sweet tea, so if you're not used to that level of saccharine add half the sugar first, then more to taste. This would also be good with a fistful of mint leaves and a few shots of bourbon stirred in. Enjoy, Beyhive!

TORSTAR NEWS SERVICE

LIQUID ASSETS

Washington state is the wild west for wines

Though wine is made in every state in America, when you crunch the numbers, 90 per cent of the country's juice flows out of California. A distant second production wise, the wines from the state of Washington are fast becoming the next big thing in North America.

If Seattle is the only image you have of Washington, you'll be surprised to learn its principal wine regions (east of the Cascade Mountains) look more like the set of a Clint Eastwood spaghetti western than your typical grape-growing oasis. With plenty of water, thanks in no small part to the Columbia River, vines (especially Cabernet Sauvignon) thrive in the rustic terrain. Try Columbia Crest's 2013 H3 Cabernet Sauvignon (\$19.95-\$23.99). It's a rich, beefy red, making it a perfect partner for meaty pasta dishes.

PETER ROCKWELL/METRO



SPONSORED CONTENT

Redeem points for fun across the province

How about a relaxing stay at a Nova Scotian beach, just for heating your home?

Since November 2011, Wilsons Home Heating thanks customers for their loyalty through the Wilsons Loyalty Program. With a major focus on supporting other great Nova Scotian business through the loyalty program, Wilsons Home Heating customers are able to redeem points for fantastic experiences across the province, like a stay at beautiful White Point Beach Resort, tickets to a family favourite — the Royal Nova Scotia International Tattoo, or tickets to a stunning performance at Neptune Theatre.

Wilson Fuel Co. was founded in Truro, Nova Scotia in 1909 and has long been part of the communities they serve.

"We think it's important to share the natural and cultural gems our province has to offer, so we made a point to involve other Nova Scotian businesses in our loyalty program, as a way to give back, not only to our customers, but also to businesses in our community. Nova Scotians helping Nova Scotians" says head of marketing Blake Smith.



White Point Beach Resort, proud Wilsons Home Heating loyalty rewards partner.

CONTRIBUTED

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REVIEW

Spark gets the job done if you're realistic about needs

Jill McIntosh
For Metro Canada



While used cars are usually a less-expensive way to get into vehicle ownership, there are a few manufacturers offering base models competitive with pre-owned. At Chevrolet, that's the base \$9,995 Spark.

At that price, you could probably get a used vehicle with more options, but the Spark comes with a full warranty and, for many, is easier to finance.

You don't get all the goodies for that price, and the base Spark comes with a manual transmission, crank-down windows, no power locks, and — the kiss of death for many — no air conditioning. On the base trim, A/C comes bundled with an automatic continuously variable transmission (CVT), bringing the cheapest air-equipped model to \$13,895. At its most expensive, the Spark tops out at \$18,195.

The Spark uses a 1.4-litre four-cylinder engine that makes just 98 horsepower, but

the car's light, and matched with my tester's surprisingly smooth stick shift, it's decently peppy.

The handling could be sharper and the turning radius is wide, but it gets you where you're going. And, as I kept reminding myself, it's 10 grand.

Its closest competitor is the Nissan Micra, and when the Spark's pricing was announced, Nissan dropped its tag by \$10 to bring in the Micra at \$9,988 and retain its title as Canada's least-expensive automobile.

The Micra is slightly more powerful at 109 horsepower, and its sharper handling and tight turning makes it better to drive, but the Spark gives you a longer powertrain warranty and more content for the cash.

It has 10 airbags to the Micra's six, better published fuel economy, and its large touchscreen infotainment system packs in a rearview camera, phone app integration, and a USB port that the base Micra lacks.

The most important thing with any inexpensive model is to be realistic about what you can and can't live without.

Then compare apples to apples, because a pricier model may ultimately be cheaper when you add the "gotta-have-it" options to a less-expensive one. Still, for many drivers, this base Spark might just have everything they need.

“

The handling could be sharper and the turning radius is wide, but it gets you where you're going.

THE CHECKLIST | 2016 CHEVROLET SPARK

THE BASICS

Type. Four-door, four-passenger subcompact hatchback

Engine (hp/torque). 1.4-litre four-cylinder (98/94)

Transmissions. Five-speed manual or automatic CVT

Price. \$9,995 (as-tested) – \$18,195

COOL FEATURES

- 4G LTE WiFi hotspot
- Backup camera
- 10 airbags
- Driver's side armrest
- MyLink mobile app integration
- USB port
- Hill start assist



SPARK PHOTOS JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- The base model doesn't contain air conditioning and while you can add it to the lowest trim level, you also have to include an automatic transmission.
- The regular Spark lineup runs on gas only, but it's also available as an all-electric.

MARKET POSITION

Built in South Korea, the Spark is only available as a hatchback. It's slightly larger than the Aveo that it replaced, but smaller than the compact Sonic, the next model up in Chevrolet's lineup.

THE COMPETITION



Nissan Micra
Base price: \$9,988



Mitsubishi Mirage
Base price: \$12,698



Kia Rio
Base price: \$14,495



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Mirage is a vision of economy

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



MITSUBISHI

Four-door fix

Already sold in other markets, the sedan version of the Mitsubishi Mirage subcompact is coming to North America this spring. The Japan automaker showed the four-door Mirage G4 at a recent auto show, sporting a suspension tuned specifically for North American ride preferences. It also has bigger brakes than the Mirages sold in other countries. Other than the trunk and mildly different styling, the G4 is largely the same as the updated 2017 Mirage hatchback. The sedan also shares the hatchback's 1.2-litre three-cylinder engine that drives the front wheels through either a five-speed manual transmission or continuously variable "automatic." Horsepower is up four to 78 while the torque is unchanged at 74 pound-feet.

FUEL

Cheap oil could last a decade

Independent global oil trader Vitol Group says low oil prices are here to stay for a while, possibly for as long as 10 years. "It's hard to see a dramatic price increase," CEO Ian Taylor told the Bloomberg news service, predicting prices will remain within a range of \$40-\$60 US per barrel for the next five to 10 years. It's possible that prices will increase somewhat before the end of this year.

TEXT AND IMAGES BY WHEELBASE MEDIA



DRIVETRAIN

GM may sell Volt tech

General Motors is willing to sell its extended-range-hybrid technology to other manufacturers as a way to bring down its costs through scales of economy, which state that the more you build something complex, the cheaper it becomes. GM has now built about 100,000 Chevrolet Volt range-extended electric cars since the model was introduced five years ago.



THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 DJ Snake ft. Bipolar Sunshine Middle
- 5 Rihanna Kiss It Better
- 4 Zara Larsson ft. MNEK Never Forget You
- 3 Drake ft. Wizkid and Kyla One Dance
- 2 Fifth Harmony ft. Ty Dolla Sign Work From Home
- 1 Justin Bieber Company



TOYOTA

New model was going to be Scion

Toyota will launch a new compact tall wagon in Europe this year before bringing it to North America in 2017. Based on the C-HR concept, the model will include a hybrid variant. The automaker did not say whether the new vehicle would carry the C-HR nomenclature, or adopt another name. The vehicle was originally intended to debut as part of the youth-oriented Scion-brand product, but Toyota is dropping that subsidiary division.





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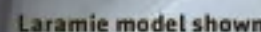
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Following a first-round playoff exit, Dirk Nowitzki insists he isn't retiring and is all but certain he'll return to the Mavericks for a 19th season

Blues buck draft trends

NHL

St. Louis' outside-the-box thinking has built solid core

The St. Louis Blues went to great lengths to make sure nobody knew about Colton Parayko way back when.

Parayko, the 22-year-old rookie defenceman who scored a goal in the Blues' Game 7 victory over Chicago on Monday night, was a complete unknown ahead of the 2012 NHL Entry Draft and the team did its best to keep it that way.

"He was unknown and raw," Blues director of amateur scouting Bill Armstrong said in an interview.

The club's real pursuit of him started, evidently, with a tip to St. Louis general manager Doug Armstrong. He was informed by a colleague about Parayko, who was a growing defenceman who

played for the Fort McMurray Oil Barons of the Alberta Junior Hockey League.

The Blues saw him play in a second-tier tournament in Russia and concluded, at the urging of team scout Dan Ginnell, that they couldn't let another team catch the scent. They decided not to scout Parayko anywhere near Calgary or Edmonton or those places he would play most.

"We purposely only scouted him in faraway places," Bill Armstrong said.

Their secrecy paid off: Parayko didn't even make the NHL Central Scouting's

final draft rankings.

The Blues were intrigued by his potential and considered using their second-round pick on him. St. Louis finally opted to select him in the third round with the 86th overall selection.

2012

The last time the Blues advanced past the opening round of the playoffs.

St. Louis has become one of the top teams in the NHL with shrewd drafting of this kind, proof that clubs don't always need high picks to succeed at the draft. Parayko, who scored nine goals and had 33 points as a first-year defenceman, is just one example.

The Blues snagged Vladimir Tarasenko, a 40-goal-scorer in the regular season, with the 16th overall pick in 2010,



Defenceman Colton Parayko, left, is an imposing force at six-foot-five and more than 200 pounds. DOUG PENSINGER/GETTY IMAGES

and Robby Fabbri, an 18-goal-scorer as a 20-year-old, with the 21st overall pick in 2014.

The roster, which produced the third-best record this past regular season, has many gems found deep in the draft, including captain David Backes (62nd overall in 2003), leading playoff scorer Jaden Schwartz (14th overall in 2010), and netminder Jake Allen (34th in 2008).

Steering the Blues' amateur scouting department since 2010, Armstrong said the club looks for im-

pact players.

"They're difference-makers that can decide games," he said.

The Blues, he noted, weren't afraid to buck trends. In 2010, for example, many clubs were avoiding Russians at the draft, fearful of KHL lure and influence.

St. Louis didn't care. Scouts saw Tarasenko shred older opponents in Russia and recognized his explosive potential.

The Blues had the 14th overall pick and were torn between the Russian winger and Schwartz, a speedster from Saskatchewan.

Doug Armstrong, then the newly named GM, went around the war room of scouts and asked, "Who do you want?"

Ginnell replied: "I want 'em both."

The Blues took Schwartz first and then, after swapping little-used defenceman David Rundblad for Ottawa's first-round pick (16th overall), landed Tarasenko.

"It was a turning point for our organization," Armstrong said. "We knew he was pretty special." THE ASSOCIATED PRESS



Vladimir Tarasenko
GETTY IMAGES

CURLING

Jones skipping into Canada's Sports Hall of Fame



Kristen Lipscombe
Metro | Halifax

Halifax's own Colleen Jones is joining the ranks of the country's greatest athletes.

Canada's Sports Hall of Fame announced Tuesday that the two-time world curling champion will be inducted along with six other national sports heroes at a special ceremony to be held in Toronto this November.

"Induction into Canada's Sports Hall of Fame is considered the country's highest sporting honour and reinforces the incredibly successful athletic careers of the nominees," a news release said.

"This year's class has broken down barriers, blazed new trails, and served as proud international ambassadors for Canadian values."

Jones, 56, served as skip for those two women's worlds wins, as well as for six successful Tournament of Hearts Can-

CLASS OF 2016

Go to sportshall.ca for more on this year's inductees.

adian women's championships. She's also a well-known television reporter for the CBC and has served as a curling colour commentator for NBC, including during the 2010 Olympic Winter Games in Vancouver. Jones is being inducted into

the hall of fame along with Grey Cup champion Michael (Pinball) Clemons, 19-time Paralympic swimming medalist Stephanie Dixon, Special Olympics movement creator Dr. Frank Hayden, Olympic cross-country skier and kayaker Sue Holloway, Olympic double gold medal-winning speedskater Annie Perreault and seven-time Stanley Cup champion Bryan Trottier.

This year marks the 61st induction ceremony for Canada's Sports Hall of Fame.



Colleen Jones won world championships in 2001 and 2004. THE CANADIAN PRESS FILE

NHL IN BRIEF

Stamkos returns to practise for Lightning

Steven Stamkos is serving as an inspiration for the Tampa Bay Lightning as the defending Eastern Conference champions attempt to make a deep playoff run without him.

The team's captain and leading scorer was back on the ice with teammates Tuesday, participating in shooting and skating drills for the first time since undergoing surgery for a blood clot discovered near his right collarbone this month. Stamkos and coach Jon Cooper, however, stressed the two-time Maurice Richard Trophy winner is not anywhere close to returning to game action. THE ASSOCIATED PRESS

Blackhawks-Blues Game 7 draws strong audience

Game 7 of the Blackhawks-Blues series drew the largest TV audience for a first-round NHL playoff game on NBCSN.

St. Louis' 3-2 win Monday to eliminate the defending Stanley Cup champions averaged 1.35 million viewers.

The telecast on CSN Chicago earned a 19.1 rating, a record for the regional sports network.

THE ASSOCIATED PRESS

Panthers indicate that captain's career likely over

The Florida Panthers do not expect captain and two-time Stanley Cup winner Willie Mitchell to return next season, and teammate Aaron Ekblad, a close friend, indicated that his career is over.

Mitchell missed the final 42 games this season, amid concern over what another concussion would do to his long-term health.

THE ASSOCIATED PRESS

Canucks sign Granlund to contract extension

The Vancouver Canucks have signed centre Markus Granlund to a two-year contract extension, the club announced Tuesday.

The 23-year-old was acquired by the Canucks in February from the Calgary Flames in a deal that sent winger Hunter Shinkaruk the other way.

THE CANADIAN PRESS

Playoffs heat up as big names hit sidelines

NBA

Clippers PF Griffin latest star to fall in opening round

Blake Griffin is out for the rest of the playoffs after aggravating his left quadriceps tendon and Chris Paul had right hand surgery Tuesday, leaving the Los Angeles Clippers without their top two players for the remainder of their first-round series against Portland.

The team said Griffin had an MRI that revealed no further structural damage to the quad that sidelined him for 45 games earlier in the season. He's expected to be ready for training camp in September.

Paul had surgery to repair a hand fracture sustained in the third quarter of Monday night's 98-84 loss in Game 4 that allowed Portland to tie the best-of-seven series 2-2.

Griffin averaged 15.0 points, 8.8 rebounds and 4.0 assists, while Paul averaged 23.8 points, 7.3 assists and 4.0 rebounds in the team's first four playoff games.

Game 5 is Wednesday at Staples Center.

"We still have home court. No one has won a road game yet in this series," coach Doc Rivers

Go to metronews.ca for coverage of Game 5 of the Raptors-Pacers series.



Damian Lillard and the Blazers tied up their series against the Clippers with a 98-84 win on Monday night. On Tuesday, Clippers star Blake Griffin was ruled out for the season with an aggravated leg tendon. STEVE DYKES/GETTY IMAGES

said. "Now we have to find a way of winning tomorrow and that's as far as we can think right now. My job with the guys is to make sure that they're ready and focused. It's easy when you have the injuries we have to think all kinds of other stuff."

Rivers had not yet decided who will start in place of Griffin and Paul.

"We've had 10 different lineups on the board," he said. "Most likely it will be a pretty big lineup."

The Clippers are 25-21 in regu-

73-9

Steve Kerr was named the NBA's coach of the year Wednesday, after leading the Golden State Warriors to the best regular-season record in league history.

GETTY IMAGES

lar-season games and 1-1 in the playoffs without Paul, who missed two games against Houston in last year's Western Conference semifinals. "We have a very competitive basketball team and they have proven that all year," Rivers said. "We have won games before without key guys and we can win games in the future without key guys." THE ASSOCIATED PRESS

NFL

Manziel indicted in alleged attack

An attorney for former Cleveland Browns quarterback Johnny Manziel calls the indictment against him "incredible" and said Tuesday that the way it's been handled so far suggests there are problems with the case.

Manziel was indicted Tuesday on allegations by ex-girlfriend Colleen Crowley that he hit her and threatened to kill her in late January. Crowley said in court documents that Manziel struck her so hard that she temporarily lost hearing in one ear, and the indictment accuses him "forcing (her) into a vehicle and against a vehicle dashboard."

Manziel faces a charge of

misdemeanor assault related to family violence, which carries up to one year in jail and a \$4,000 fine.

Manziel's attorneys said Tuesday that their client will plead not guilty.

One of the attorneys, Robert Hinton, told The Associated Press that he thought police and prosecutors had treated the case as though they didn't want it to go forward. Lawyers who aren't involved in the case have noted that Dallas police chose to refer their case to a grand jury rather than arrest Manziel outright, which is unusual for misdemeanor cases.

THE ASSOCIATED PRESS



IN BRIEF

Nadal wants tests public

Fed up with being accused of doping, Rafael Nadal has written to the president of the International Tennis Federation and asked for all of his drug-test results and blood profile records to be made public.

"It can't be free anymore in our tennis world to speak and to accuse without evidence," the 14-time Grand Slam champion said in a letter obtained Tuesday by The Associated Press.

Nadal's letter was sent to ITF president David Haggerty on Monday, the same day he filed suit against a former French government minister who suggested he had been doping.

THE ASSOCIATED PRESS

Wimbledon prize gets bigger

This year's men's and women's singles champions at Wimbledon will each receive nearly \$3 million US, as the Grand Slam tournament increases overall prize money by five per cent.

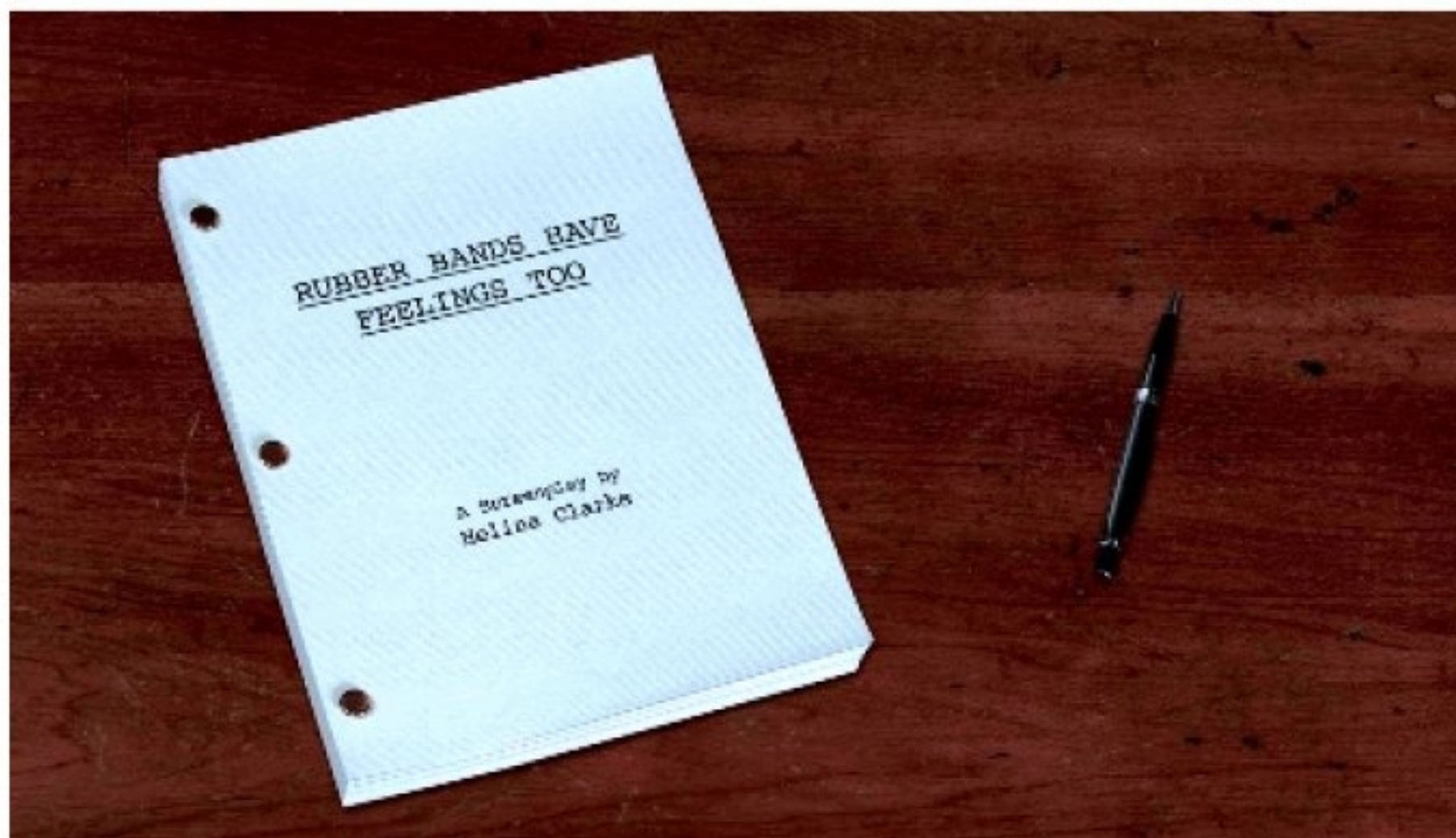
THE ASSOCIATED PRESS

Darvish nears rehab start

Texas Rangers ace Yu Darvish has thrown another live batting practice session.

Darvish threw 45 pitches during a session Tuesday afternoon.

After throwing a similar BP session last Thursday, Darvish decided he wanted to do that again before his first minor-league rehab start. THE ASSOCIATED PRESS



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Ronaldo-less Madrid draws with City

CHAMPIONS LEAGUE

Hart scuttles Los Blancos' attempts at away goal

Real Madrid failed to turn late domination into a goal without the injured Cristiano Ronaldo as Manchester City held on for a 0-0 draw in the first leg of their Champions League semifinal on Tuesday.

City goalkeeper Joe Hart prevented Madrid from taking an away goal back to Spain for next

SEMIFINAL 1st leg



week's second leg, producing close-range saves from Casemiro and Pepe in the final 10 minutes of a cagey match at Manchester's Etihad Stadium.

"Before the game, it was 50-50," Madrid coach Zinedine Zidane said. "I think it's the same."

City may not get a better chance to beat Madrid, which

played half of the first leg without its two most potent attackers. Ronaldo had been nursing a right thigh injury and "felt something" in a training session Monday, according to Zidane, while Karim Benzema started but didn't come out for the second half after attempting to play through a knee problem.

City, though, couldn't capitalize and managed just two shots on target — one of which was a free kick from Kevin De Bruyne that was tipped over the bar in second-half injury time.

"We were not very creative," City manager Manuel Pellegrini said. "But in terms of intent,

we had most intent to win the game."

Zidane said he was unsure if Ronaldo and Benzema, who have scored 74 goals between them this season, will be fit for the second leg.

A match between the grand master of European soccer — Madrid is a record 10-time European champion — and a recent arrival to the continent's top table proved to be something of a let-down. Perhaps injuries played a part, with City, already without Yaya Toure (muscle problem), losing David Silva to a hamstring complaint late in the first half. THE ASSOCIATED PRESS



Real Madrid's Gareth Bale goes down under the challenge of Manchester City's Vincent Kompany on Tuesday. GETTY IMAGES

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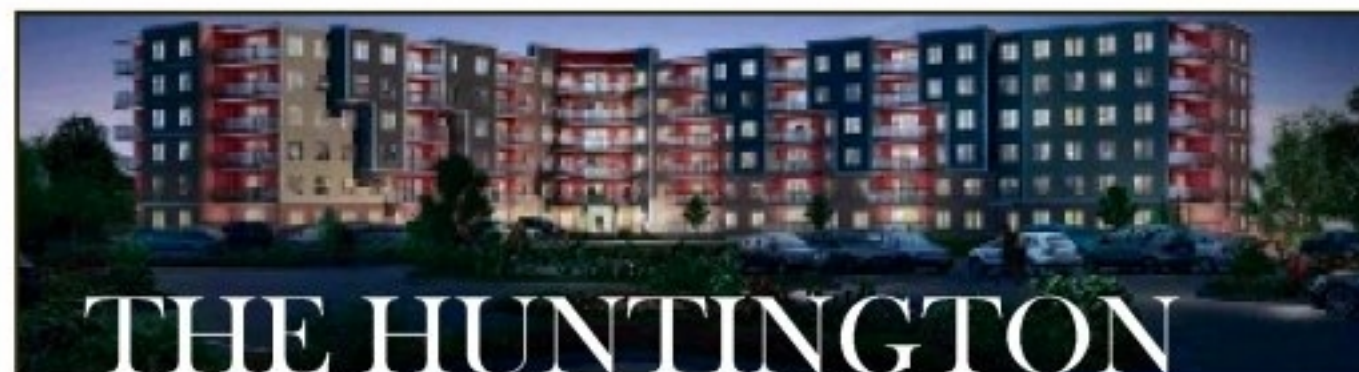
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metro



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RECIPE One-Pot Dijon Chicken



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

This dish wins a blue ribbon since it uses lower priced chicken thighs, one pot and pantry staples. In other words, it's a dinner trifecta.

Ready in
Prep time: 20 minutes
Cook time: 30 minutes

Ingredients

- 6 skinless, boneless chicken thighs
- salt and pepper
- 1 teaspoon oil
- 1 minced shallot
- 2 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1/4 cup apple cider
- 1/4 cup low-sodium chicken broth

Directions

1. Preheat the oven to 425°.
- Generously season chicken with

salt and pepper. Add 1 teaspoon oil to a large room-temperature skillet. Add chicken.

2. Place skillet over medium heat and cook, allowing meat to brown and chicken is cooked halfway through, about 10 minutes.

3. Transfer skillet to oven. Roast until chicken is cooked through and golden brown, about 6-8 minutes. Transfer chicken pieces from bottom of skillet to a platter.

4. Return skillet to medium heat. Add shallot and garlic; cook, stirring frequently, until fragrant, about 1 minute.

3. Whisk in Dijon mustard, apple cider, broth and a bit more salt and pepper; cook for about 3 minutes. Return chicken to skillet along with juices that have settled on the platter to reheat and then serve.

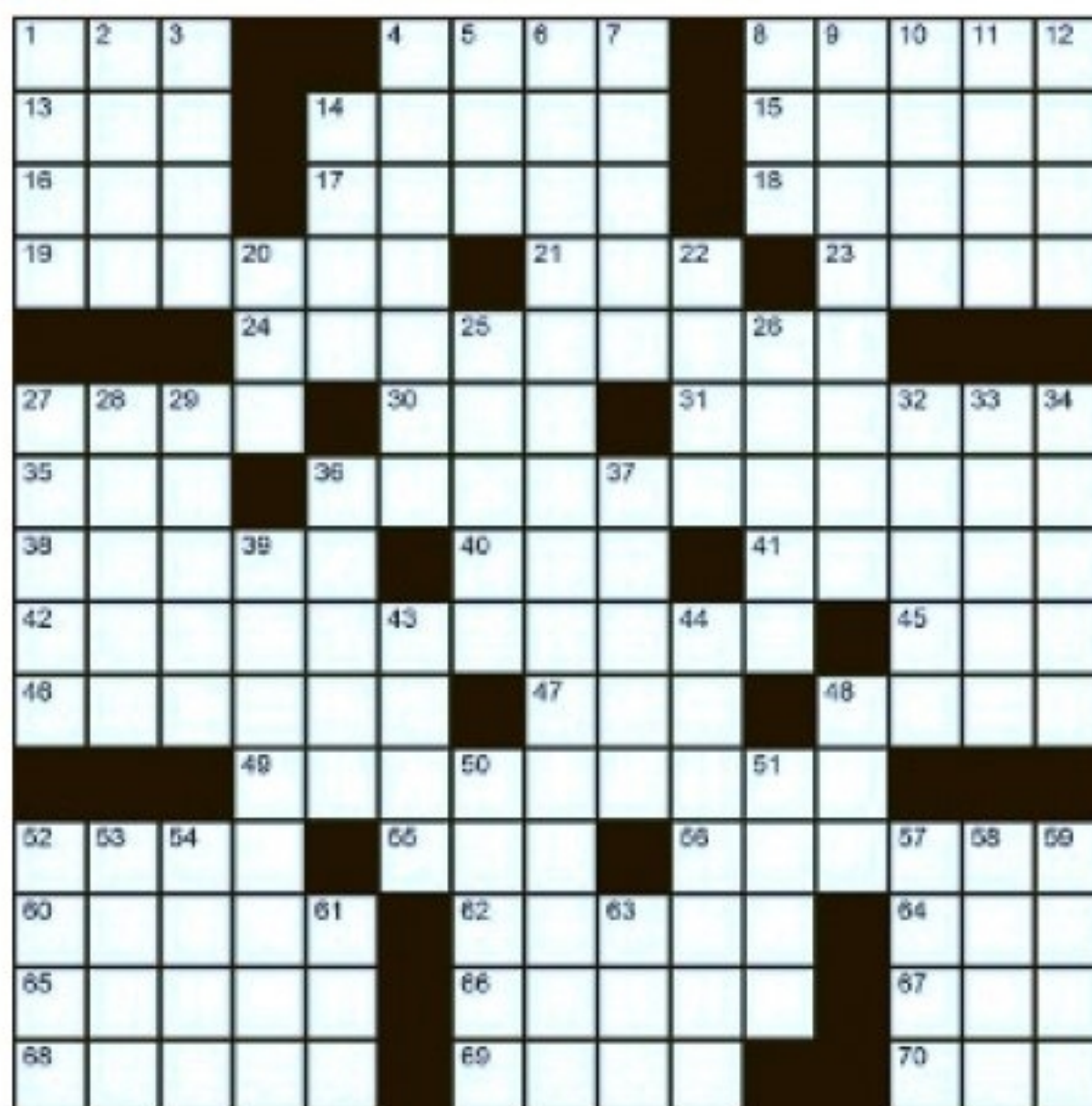
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Mo. it's been for the past 27 days
4. "Dancing with the Stars" pro Ms. Murgatroyd
8. Worried
13. Mr. Ferrigno
14. Reasoning
15. "Atlantic City" (1980) director Louis
16. Bronze
17. "die for!"
18. Originated
19. Regular
21. Particular
23. Faith Hill country tune: "Take _ I Am"
24. Rexall or Shoppers
27. Montreal-born humourist Mort
30. Org. with a yearly tax return deadline
31. Square Dancing call
35. Ms. Gardner
36. Canada's pared-down cable TV package, as it is nicknamed: 2 wds.
38. Dampened
40. Tokyo, once
41. Map detail
42. Gordon Lightfoot song that goes "Echo to her footsteps as soft as eider down": 2 wds.
45. 4WD truck
46. "Dangerous Woman" singer Ms. Grande
47. Antiquated
48. Trump
49. Crime scene investigative tests
52. Standing-in-front-of-a-mirror reflection



55. Mr. Roth
56. Financial
60. Toss one into the wishing well: 2 wds.
62. Do well on that exam: 2 wds.
64. Latin 'eggs'
65. Record player, for short
66. Stanley of "Julie

- & Julia" (2009)
67. Unhigh
68. Bachman-Cummings creations
69. Renaissance family
70. Beard of grain

DOWN

1. Mr. Cumming
2. Corn dog
3. Repenter
4. Casseroles party
5. Teeny 'for instances'
6. Shakespearean tragedy: 2 wds.
7. At _ (With con-

- sequences)
8. Ms. Thurman
9. Spaghetti sprinkle
10. Gin flavouring
11. "Born Free" (1966) lioness
12. Pegs
14. Fibber
20. Nero's 1550

22. Murder mystery discovery
25. Norwegian composer, Edvard _ (b.1843 - d.1907)
26. Songbird sort
27. Ballroom dance
28. Intro-to-French verb
29. Island of Hispaniola nation
32. Topic
33. Atkins, and others
34. Band of eight
36. Reporter's I'll pad
37. Sir Coward's
39. Human Resources concern
43. One-of-a-kind
44. Building
48. "Funny Girl" (1968) star ...her initials-sharers
50. Gladden
51. _ Field (NY Mets ballpark)
52. Drains
53. "Beach" by Martha & The Muffins
54. Diving bird
57. Coca- _
58. Profess
59. Yard's 'carpet'
61. Refusals
63. 'Dial' add-on

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a lovely day! It is an especially positive day for dealing with authority figures — parents, bosses, teachers, VIPs and the police. Not only are people friendly, they are sympathetic. (We like.)

Taurus April 21 - May 21
This is a great day to travel or do something out of the ordinary, because you feel adventurous. Explore new ideas and see new places. Break free from your daily routine.

Gemini May 22 - June 21
Discussions about shared property or how to divide something will go well today, because people feel mutually sympathetic. Why not take advantage of these good vibes?

Cancer June 22 - July 23
Relationships with partners and close friends will be warm and friendly today. This is also a good day to talk to members of the general public. Meanwhile, exchanges with bosses are great. Glory hallelujah!

Leo July 24 - Aug. 23
This is a positive day at work. You might even want to ask for a raise or a favour from a co-worker, because things are going your way. (Make hay while the sun shines.)

Virgo Aug. 24 - Sept. 23
Fun events will appeal to you today. This is a good day for playful activities with children or a romantic date, because sports, the theater, minivacations and social diversions will please you.

Libra Sept. 24 - Oct. 23
This is an excellent day to entertain at home or to deal with family members. Plus, it's an excellent day to explore real-estate opportunities. You might want to buy something for your home.

Scorpio Oct. 24 - Nov. 22
Because your communication skills are excellent today, this is a strong time for those of you who sell, market, teach, write or act. Go for broke!

Sagittarius Nov. 23 - Dec. 21
Business and commerce are favoured today. In fact, many of you might see ways to boost your income or make a little money on the side.

Capricorn Dec. 22 - Jan. 20
Today the Moon is in your sign dancing with lucky, moneybags Jupiter. Because Neptune is in the picture as well, you feel sympathetic and easygoing with everyone.

Aquarius Jan. 21 - Feb. 19
Solitude in beautiful surroundings will please you today. Why? Because you would rather relax than work.

Pisces Feb. 20 - March 20
This is a popular day for Pisces. Enjoy the company of others, especially close friends.

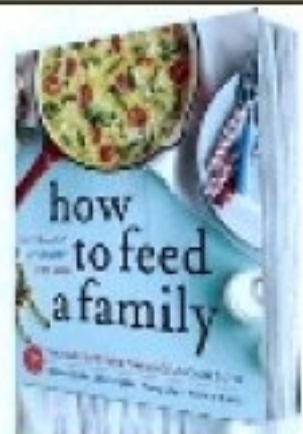
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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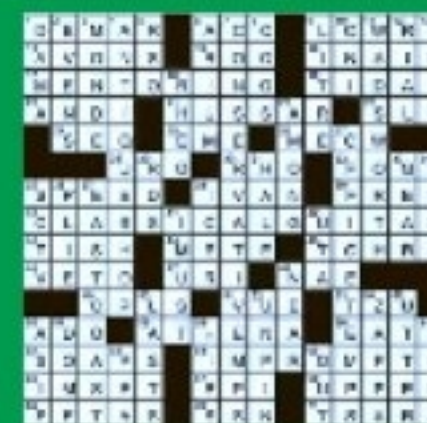
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
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1	5	8	3	9	2	7	4	6
9	6	3	8	4	7	1	2	5
7	2	4	1	6	5	8	3	9
6	3	5	4	7	1	2	9	8
8	7	1	6	2	9	4	5	3
4	9	2	5	8	3	6	7	1
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2	1	9	7	5	6	3	8	4
3	8	7	9	1	4	5	6	2

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